



Brazil's bare necessities

CARNIVAL It's a record that can only be broken in Rio de Janeiro.

A samba dancer has worn the smallest scrap of clothing ever in a Carnival parade.

The O Globo newspaper says model Dani Sperle sported a sparkly silver headdress, a necklace, matching arm bands — and nothing else but a three-centimetre patch of cloth.

All in front of 80,000 Sambadrome spectators early yesterday.

That breaks the record set last year by Viviane Castro, whose covering was all of four-centimetres long.

Judges last year penalized Castro for violating nudity limits. There's no word yet if Sperle's samba school will also lose points.

THE ASSOCIATED PRESS

Riding the Recession

Looking for ways to save money and ride out the economic storm? Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

• Your Money
Time is money and the Smart Cookies have advice on where to find financial tips online, pg 15

• Health
Tips on how to eat healthy while cutting down on your grocery bills, pg 20

• Coming up this week
Auto — Some of the top-value cars on the market.

Chris Bosh **Star reader**



Toronto Raptors star Chris Bosh reads from *Elijah of Buxton* yesterday at the Air Canada Centre to students from Highcastle Public School as part of literacy action during Black History Month.

Ryerson security breach

Hundreds of Toronto university students may be at risk of identity theft after sensitive personal information, including social insurance numbers, was recently exposed online, an expert warned yesterday.

Ryerson University began notifying some 588 students yesterday that an "isolated software error" may have allowed other students to gain access to their name, gender, SIN, date of birth, student number, and mailing and email addresses.

The school installed a software patch to address the error in early January, which she said has fixed the vulnerability.

"We're confident ... that no misuse of personal information has happened," said Heather Driscoll, the

Private data

• The breach was detected when several students registering for courses online saw a screen pop up that allowed them to view the private data through a search function. Up to 366 students may have seen the data

downtown school's information and privacy co-ordinator.

However, security expert Claudiu Popa advised that students who learn their information was breached must stay alert.

"The financial fraud implications are significant. Additionally, the criminals can go and secure loans, mortgages, lines of credit, and they can open bank accounts." THE CANADIAN PRESS

Afghans blame Canadians for boys' deaths

Angry Afghan villagers chanted "Death to the Canadians" and paraded the blood-spattered bodies of two young children through the streets of Kandahar city yesterday after a tribal elder accused Canada of firing the shell that killed them.

Residents of the village of Salehan, about 15 kilome-

tres southwest of the city, staged an angry protest outside the white gates of the Kandahar provincial council office after an elder in the war-racked district of Panjwaii laid the blame for the tragedy at the feet of Canadian forces.

The allegation, which prompted the army to

launch an immediate investigation, was one of several conflicting accounts to emerge yesterday about exactly what caused the fatal explosion.

The protest, however, left little doubt the tragedy had shaken the village.

The victims, two boys who looked to be in their

pre-teens, were laid out in the open back of a red three-wheeled wooden taxi. Angry relatives and friends wailed with grief at the side of the vehicle.

The Canadian military said the children were most likely killed when they somehow came across unexploded munitions in a

field outside of the tiny community.

"This area is known — at least by us, and I assume it is the case with the residents — (to be) littered with all kinds of unexploded ordnance and mines," said Maj. Mario Couture, a spokesperson for Task Force Kandahar. THE CANADIAN PRESS

JOIN THE GREEN MOVEMENT

Turn this page or go online to find out more about the Green Energy Act.

To find out more about how you can help the Ontario Liberal Party move our province to a greener and more prosperous future, please visit our website at:



www.OntarioGreenEnergyAct.ca



Ontario's Green Energy Act



A message from Dalton McGuinty:

The global economic crisis is deeply affecting Ontarians. Every time we lose a job, a family is hurt. Every time a factory closes, a community is devastated. But we've been through tough times before. We've gotten through them. And we'll get through this challenge too.

Our government is helping families being affected, right now, by the global recession. And at the same time, we're also taking action to build a stronger economy for tomorrow.

That's why we've introduced a new Green Energy Act. Our Green Energy Act would, if passed by the legislature, create over 50,000 jobs. New jobs. For example, Ontario workers would be able to seize new opportunities manufacturing, installing and operating new wind turbines, solar panels and biofuel plants.

Our plan would get new industries and sources of energy up and running quickly, while at the same time making Ontario a leader in energy conservation.

It's an important step to make at a difficult time. The economic challenges we're facing are real, and Ontarians are anxious.

But we've faced global slowdowns before. And Ontario came out of them stronger than ever, each and every time.

The Green Energy Act won't solve all our problems. There's so much more to do. But this is a positive step that would help create jobs, build a stronger economy, create a greener province and provide a better quality of life for our families.

We will get through this. And we'll get through it the way we always have, by working together.



Above: George Smitherman (MPP, Toronto Centre) at a wind farm near Shelburne Ontario.



Why we need to drive a green economy.

The proposed Green Energy Act, if passed, would propel Ontario to become a North American green energy leader, creating over 50,000 jobs in the next three years as well as generating billions of dollars in green economic investments in communities across the province.

Through a culture of conservation and enhanced opportunities for small, medium and large renewable energy projects, the Green Energy Act would dramatically reduce Ontario's dependency on dirty coal power, leading us towards cleaner, greener energy sources that are better for our economy and better for our climate.

The McGuinty Liberals are committed to the GEA and its promise of a greener future. A future in which we will know the true significance of the decisions we are making today.

Benefits of Conservation and Renewable Energy:

ENVIRONMENT

Less reliance on polluting energy resources. Dramatically decreased Greenhouse Gas Emissions. Cleaner Air.

ECONOMY

50,000 "Green collar" jobs in three years; developing a green manufacturing sector. Making Ontario a "green economy" leader through innovation and skills development. Regional economic opportunities in remote, rural and urban Ontario.

COMMUNITY

First Nations and Métis partnership opportunities. Community participation in renewable energy projects and conservation initiatives. Energy Star household appliances and mandatory home energy audits.

JOIN THE GREEN MOVEMENT

To find out more about how you can help the Ontario Liberal Party move our province to a greener and more prosperous future, please visit our website at:



www.OntarioGreenEnergyAct.ca

GREEN GUIDE:

A glossary to *green up* your vocabulary.

Feed-in Tariff

A comprehensive Feed-in Tariff is a new incentive to North America; one which boldly encourages the adoption of a new renewable energy supply with fixed prices for different forms of renewable energy. This provides reliability and improved access to financing for those looking to invest in projects.

Solar Energy

Solar energy is the Sun's radiant light and heat that has been harnessed by using a range of evolving technologies to produce energy. The most common technologies used are photovoltaic (creating electricity) and solar thermal (heating air and water). The energy captured by these technologies can be used to provide electricity to the grid, or to offset energy needs that would have otherwise been produced using other fuel sources.



Biomass & Biogas

Biomass and biogas are both derived from combustible plant and animal materials that can be used to produce heat and power. Biogas is processed into a gas, while biomass is used as a solid. While these fuels do emit carbon, they are considered renewable. Unlike fossil fuels, the carbon emitted by biofuels can be recaptured in a single life-cycle by re-growing the source fuel, making them carbon neutral.



Wind Power

On land or off shore, wind power is created by capturing the force of the wind and converting it into electricity, typically using technologies such as wind turbines. Friction caused by the wind's forces spins the turbine and is converted to electricity. Ontario is Canada's leader in wind power.



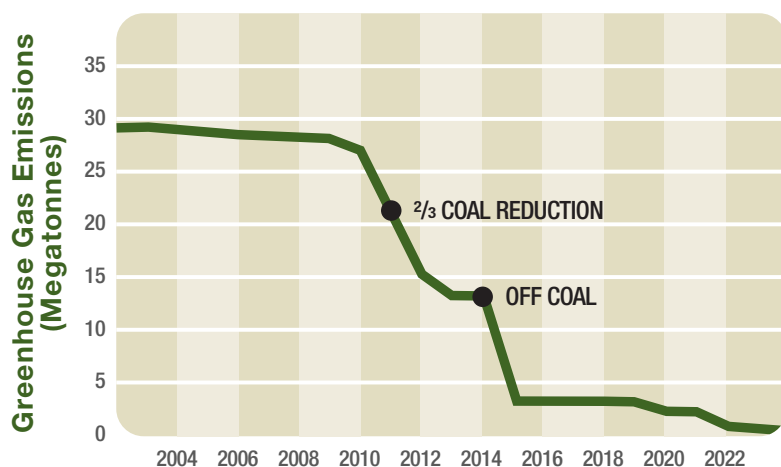
Water Power

Hydroelectric power is typically produced by harnessing the force of falling or flowing water to turn a turbine. Like wind power, it uses the friction created to generate electricity. Water power can also be used for peaking power, by storing water in reserves for later use. Hydroelectric power is the most widely used form of renewable energy. Think Niagara Falls!



BENEFITS OF A GREEN ENERGY SYSTEM:

ONTARIO'S COAL GREENHOUSE GAS EMISSIONS



Data Source: The Ontario Power Authority

EXPANDING RENEWABLE ENERGY:



Ontario's Green Energy Act proposes to expedite the growth of clean, renewable sources of energy, like wind (onshore and offshore), solar, hydro, biomass and biogas. It will encourage investment in new renewable energy developments by providing certainty to projects and improving access to financing. A one window, streamlined approvals processes, along with price and service guarantees will ensure that thousands of projects will get connected more quickly and more frequently.

CREATING A CONSERVATION CULTURE:



The most important kilowatt of electricity is the one we don't use. Conservation is a critical part of Ontario's green energy future. It will create green jobs for the people who conduct audits or carry out retrofits, as well as workers with expertise in energy efficient construction. Conservation will also improve productivity, while helping Ontarians to manage their energy costs.

EXPANDING A GREEN ECONOMY:

The Green Energy Act will establish Ontario as North America's leading green economy, helping to create over 50,000 green collar jobs and generating billions of dollars of economic activity in the first three years alone.

DID YOU KNOW?

- In 2008 Ontario set records for **wind** and **waterpower** generation.
- About **25% of Ontario's power** comes from renewable energy sources.
- About **75 per cent** of the electricity we used last year came from a combination of water and nuclear power.
- One of North America's **largest solar farms** is currently under construction near Sarnia.

JOIN THE GREEN MOVEMENT

To find out more about how you can help the Ontario Liberal Party move our province to a greener and more prosperous future, please visit our website at:

www.OntarioGreenEnergyAct.ca

Or, e-mail us at info@OntarioGreenEnergyAct.ca

Please make sure to mention if you are interested in volunteering, donating to the cause or looking to get on our mailing list for news or other updates as well as upcoming events.



Dalton McGuinty
Leader of the Ontario Liberal Party



George Smitherman
MPP, Toronto Centre



Paid for by the Toronto Centre
Provincial Liberal Association

A six-year-old Oshawa girl is in hospital in serious condition following a collision in Ajax Sunday morning. She was in a car with her four-year-old brother and mother, 28, on Salem Road when her mother lost control and collided with another vehicle heading in the opposite direction. **TORSTAR NEWS SERVICE**

Local



Lawyers irked at delays with jails

Criminal lawyers in Ontario are reporting delays in transferring clients between jails and courtrooms due to what they say are guards' pressure tactics. Frank Adario, the president of the Criminal Lawyer's Assoc., says the problem is widespread and has been verified across the province. OPSEU, which represents the jail guards at the bargaining table, denies it is directing the guards to engage in any work slowdowns.

THE CANADIAN PRESS

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INDEX

Canada Pg 8
World Pg 10
Comment Pg 13
Business Pg 14
Your Money Pg 15
RRSP Pg 16
Sports Pg 18
Health Pg 19
Workology Pg 25
Entertainment Pg 29
TV Listings Pg 32
Celebrity Buzz Pg 33
Take Five Pg 34

Tomorrow's Metro

Metro Drive

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WHAT'S ONLINE TODAY

Video Footage from the coast guard's dramatic rescue of a sinking Spanish trawler's crew at metronews.ca/canada

Video Afghans chant "death to Canadians" after blast kills two children at metronews.ca/canada

Blogs Love Bytes offers up advice on the etiquette of breaking up.

Blogs Both sides take lessons from former Native leader David Ahenakew's acquittal of promoting hate.

Immigration Guidy Mamann on the feds sharing personal information of foreign nationals with other nations at metronews.ca/live

Lotteries

Ontario Pick 3: 8 3 3; Ontario Pick 4: 4 7 1 0
Encore: 2445674
Daily Keno: 3, 4, 8, 9, 10, 12, 24, 25, 34, 37, 43, 45, 48, 49, 52, 56, 61, 62, 63, 64.
These results are not official.

Making Ontario green

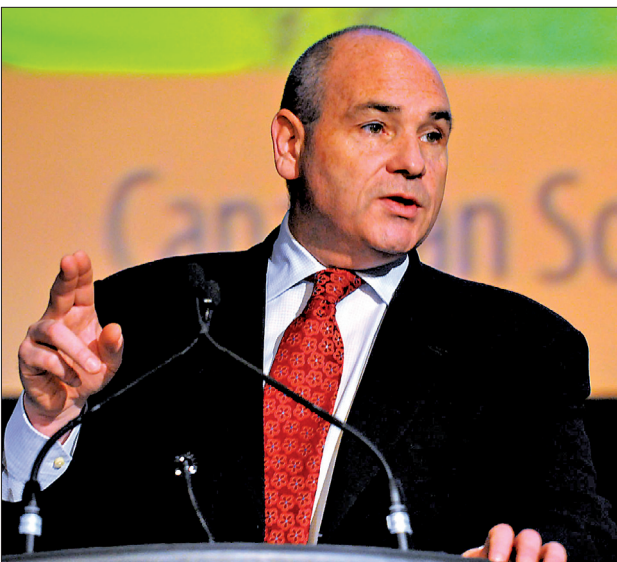
Green Energy Act will create 50,000 jobs: Smitherman

An ambitious plan to attract investment in renewable energy to Ontario will mean slightly higher energy bills for consumers, mandatory energy audits for residents selling homes, and more solar panels and wind turbines dotting the province's roofs and landscape.

The Liberal government says the plan will transform the province into one of the most attractive places for green energy investments and create 50,000 jobs over three years — but critics are calling the blueprint vague and short on specifics.

"The earliest investments and most of the jobs are related to a substantial new investment in transmission system and also in distribution systems," Energy Minister George Smitherman said yesterday after introducing the Green Energy Act.

"If 25,000 rooftops in the



George Smitherman, Ontario's deputy premier and minister of energy and infrastructure, introduced the Green Energy Act yesterday. The goal is to attract more green energy investments and add more solar panels and wind turbines in the province.

City of Toronto were to be transitioned to use for solar, that puts a lot of pressure on Toronto Hydro at the distributed generation side to

get those connected."

The legislation doesn't include details on how the jobs will be created, though Smitherman said the plan

will boost work in construction, trucking and engineering. Architects, contractors and installers are also expected to gain more work as they are asked to retrofit buildings for energy efficiency.

The plan will also allow homeowners to become small-time energy producers, since they will be encouraged to sell any extra electricity they produce into the grid. A small increase in electricity bills will result from a call for \$5 billion in incremental investments over three years.

"We anticipate that associated with the investments that I'm speaking about today, (the increase will be) approximately one per cent per year," Smitherman said. "But please keep in mind what we're trying to do that as well is equip people with the capacity to operate ... using less electricity."

THE CANADIAN PRESS

Childrens' deaths were preventable

REPORT It's unacceptable that 90 children known to Ontario child protection services died in 2007 — and most of those deaths could have been prevented, the province's child and youth advocate said yesterday.

The deaths may represent less than a quarter of all children and youths who died in Ontario during the year, but the number is "still too high by any standard," Irwin Elman wrote in his annual report.

"They were, because of the state's obligation to their well-being, 'our children,'" he added.

THE CANADIAN PRESS

Missing man's body found

HOMICIDE George Koutroubis has been found dead, despite fervent hopes and efforts by friends and family to locate the 36-year-old businessman.

His body, showing "obvious signs of trauma," was discovered in Brampton Sunday in his new BMW SUV. It was parked outside a Steeles Avenue West apartment building, overlooking the Shoppers World mall.

Police said someone else had driven the vehicle to the area.

Last week, relatives and friends plastered posters around the GTA, began a Twitter feed that reached more than 25,000 people



George Koutroubis

and raised more than \$80,000 in case a reward was needed to bring Koutroubis home safely.

"My son has only friends, no enemies," his father, Gus Koutroubis, had said. "No one has reason to kidnap or to kill my

son or do any bad things to him. He was a great guy. He was a good, family boy."

Koutroubis, 36, known for an ever-buzzing BlackBerry and his speed at returning calls, last made contact with relatives and friends around 4:45 p.m. last Tuesday. He was in Whitby about to meet a client, he told his brother Bill Koutroubis. Calls to his BlackBerry a half hour later went unanswered. He was never heard from again.

While Koutroubis had many business endeavours, police said not all of them were legitimate. He was considered a bookie and known to "facilitate sports bets."

TORSTAR NEWS SERVICE

Female teacher charged with sexual assault

CRIME A 34-year-old female elementary school teacher was found "engaging in an unlawful sexual act" with a 14-year-old boy in a parked car in rural Clarington on Friday night, Durham police said yesterday.

"They were in a secluded area," said Det. Const. Jenn Bickle-Hearn, of the force's sexual assault and child abuse unit.

Police charged the teacher, who works in Whitby but lives in Bowmanville, with sexual assault and sexual interference.

She has been suspended from teaching duties, with pay, during the ongoing criminal investigation, the Durham District School Board said. The teenager is not a student at the teacher's school, though she coaches him in an athletics program unassociated with the school board.

The police and the school board refused to name the teacher and the school where she taught, saying it would identify the male victim.

TORSTAR NEWS SERVICE

News in brief

ECONOMY Three southern Ontario newspapers owned by Torstar Corp. are cutting jobs in a streamlining caused by the recession and slumping advertising revenues. Yesterday, Torstar's Metroland Media Group announced the elimination of 64 full-time-equivalent positions, including 30 at the Hamilton Spectator, 21 at the Waterloo Region Record and 13 at the Guelph Mercury.

THE CANADIAN PRESS

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The OPP arrested a man in connection with three accidents on Highway 401 this afternoon. Sgt. Dave Woodford told CP24 the man was driving on the Hwy. 401 east-bound collector lanes when he struck a vehicle near Victoria Park Avenue. He continued driving and hit two more vehicles before rolling his car. **TORSTAR NEWS SERVICE**

OMERS fund loses \$8B on investments

PENSION The Ontario Municipal Employees Retirement System endured an \$8-billion net loss on its investments in 2008, but its chief executive stressed yesterday that "the main issue here is that our fund is strong."

The loss represents a 15.3 per cent negative rate of return, which OMERS said places it in the top quartile of large pension funds.

This contrasts with some other public pension plans, notably the Caisse de dépôt et placement du Québec, which is reported to have dropped \$38 billion in 2008. **THE CANADIAN PRESS**

Man shot after fight on TTC bus

It was a sunny, but bitterly cold day. A young man waited at the bus stop on Oakwood Avenue near Vaughan Road just after lunch. The bus approached. Stopped. The doors opened. The 17-year-old stepped on the bus.

And in seconds his life changed irrevocably. It was 1:19 in the afternoon.

The young man looked up as he boarded the bus at Ashbury Avenue and noticed three men that he knew. He walked to the back of the bus. Then he returned to the front of bus. An argument began. Then a physical fight broke out. One of the men took out a handgun. A shot was



Police and ETF are called to a shooting on a TTC bus where several individuals had a verbal altercation, one person was shot in the hip area at Oakwood Avenue just south of Vaughan Road.

fired. The 12 passengers on the bus sat frozen in their seats. Then they began phoning 9-1-1 using

their cellphones.

What happened next is unclear.

But police putting to-

gether the scenario yesterday believe the bus then stopped. The young man and his assailants left the bus and continued their fight outside. The victim was then pistol-whipped. More shots were fired.

The young man was shot in the hip either on the bus or during the fight on the sidewalk. The assailants fled, splitting up and disappearing into the mostly residential neighbourhood. All that was left were some shell casings and the injured young man on the sidewalk, his life and hip torn in shreds.

Within minutes an ambulance and the police were on the scene. The young man was taken to

hospital where he was treated for non life-threatening injuries.

The victim was cooperating fully, said Const. Tony Vella. "We're doing our best to locate the three individuals as well as identify what has actually occurred on the scene and the sequence of events." Vella said the police were looking for three men — all in their early 20s and all black.

At city hall, TTC chair Adam Giambrone called for calm and insisted the transit system is still safe. He said the TTC is providing police with video footage from cameras inside the bus. **TORSTAR NEWS SERVICE**

MORE REASONS TO GET ON THE GO

STARTING MONDAY, MARCH 2, 2009 THERE WILL BE CHANGES TO SOME GO TRAIN & BUS SERVICES.

01 – LAKESHORE WEST GO TRAIN SERVICE

The weekday 7:32 a.m. eastbound train from Aldershot will now originate at the Hamilton GO Centre departing at 7:17. Times remain the same at other stops along the route but arrival at Union Station will now be at 8:32 a.m.

71 – STOUFFVILLE GO BUS SERVICE

The weekday southbound 4:55 a.m. trip from Lincolnville will now originate in Uxbridge (Railway & Spruce) departing at 4:35, serve Goodwood (Hwy. 47 & Front) at 4:48, then Lincolnville and all stops at the existing times. Arrival at Union remains the same at 5:50 a.m.

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Council supports PanAm games bid

VOTE Almost unanimously — but not quite — Toronto City Council has backed the Golden Horseshoe bid for the 2015 Pan American Games.

Coun. Michael Walker, the only councillor to oppose Toronto's bid for the 2008 Olympics, was also the only one to vote against the PanAm bid in the 37-1 vote.

Others followed Mayor David Miller's urging to get behind the \$1.4 billion bid.

"The infrastructure that will be used for the Pan-Am Games predominantly will be in Toronto," Miller said

Toronto's biggest facility will be at the University of Toronto's Scarborough campus, which will get an aquatics centre and sports institute.

"We probably should call it the Scarborough 2015 Pan American Games bid," Miller joked.

That's not all Scarborough will get, he said.

"One of the things I think is important about that venue ... is that it will force the province of Ontario to ensure that we build the Scarborough-Malvern light rapid transit line," Miller said. **TORSTAR NEWS SERVICE**

Chrysler-GM merger rumours heating up

AUTOS As rumours continued to swirl yesterday about the future of troubled automaker Chrysler LLC, one analyst suggested the company could be hoping that the U.S. government could force a merger between it and larger rival General Motors.

Chrysler said in its restructuring plan submitted to the U.S., Canadian and Ontario governments last week that it still believes the best option for the auto industry "from a finan-

cial and operational perspective" is a merger between the two carmakers, which have both asked for billions in government loans to help them restructure amid slumping sales.

Chrysler and GM discussed the possibility of a merger late last year as the global financial crisis and tight credit markets took their toll on sales and carmakers' balance sheets. A proposed alliance with Italian automaker Fiat is also possible. **THE CANADIAN PRESS**

News in brief

WINNERS A crab fisherman from Newfoundland and Labrador and his son-in-law have landed a whopping catch that didn't come from the sea: A \$12.5-million lottery prize. Earle Smith and his son-in-law

Deon Goodbie, who lives in the Durham Region, had one of the four winning tickets for Saturday night's Lotto 6-49 draw for a \$50.3-million jackpot — the second-largest in Canadian history. **THE CANADIAN PRESS**

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Cambridge Center

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COLLINGWOOD
Blue Mountain Mall

COOKSTOWN
Cookstown Outlet Mall

DON MILLS
Two Park Centre

ETOBICOKE
Cloverdale Mall
Sherway Gardens
Woodbine Centre

GEORGETOWN
330 Guelph St.

LINDSAY
229 Kent St.
Whitney Town Centre

MAPLE
2810 Major Mackenzie Dr.

MARKHAM
7357 Woodbine Ave.
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MIDLAND
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MILTON
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MISSISSAUGA
980 Eglinton Ave. E
2800 Skymark Ave.
6965 Davand Dr.
Central Parkway Mall
Dixie Value Mall
Erin Mills Town Centre
Heartland Power Centre
Mississauga Chinese Centre
Sheridan Centre
Square One Shopping Centre
Westgate SmartCentres
Westwood Mall

NEWMARKET
Upper Canada Mall

NORTH YORK
170 Rimrock Rd
1635 Lawrence Ave. W.
2081 Steeles Ave. W
Bayview Village
Crossroads Plaza
Empress Walk
Lawrence Square
North York Sheridan Mall
Sheppard Centre
Yorkgate Mall

OAKVILLE
Hopedale Mall (kiosk)
Oakville Place
Winston Power Centre

ORANGEVILLE
114 Broadway Ave.

ORILLIA
Orillia Square Mall

OSHAWA
Five Points Mall
Oshawa Centre

PICKERING
570 Kingston Rd
Pickering Town Centre

RICHMOND HILL
Elgin Mills Crossing
Hillcrest Mall
Richmond Heights Plaza
Time Square Shopping Centre

SCARBOROUGH
259 Morningside Ave.
Bridlewood Mall (kiosk)
Cedarbrae Mall (kiosk)
Chartwell Shopping Center
Eglinton Square
Kennedy Commons
Malvern Town Centre
Parkway Mall
Scarborough Town Centre

SUDBURY
Brady Square
New Sudbury Centre
Southridge Mall

TRENTON
260 Dundas St. E

THORNHILL
2900 Steeles Ave.
Promenade Mall

TORONTO
85 Hanna Ave.
320 Queen Street W
209 Danforth Ave.
2171 Queen St. E
2256 Bloor St. W
2323 Yonge St.
Brookfield Place
Chinatown Centre
College Park
Commerce Court
Cumberland Terrace
Dufferin Mall
East York Town Centre
Eaton Centre
Eaton Centre II
Exchange Tower
Gerrard Square
Scotia Plaza
Toronto Life Square
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UXBRIDGE
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Several reports indicate that Mario Dumont will officially step down as leader of the Action démocratique du Québec today. Dumont announced on the night of his party's crushing election defeat last December that he would be quitting in the future. **THE CANADIAN PRESS**

Canada



Barker backs Edmonton elephant

Critics fighting the isolation of an elephant at Edmonton's Valley Zoo have received a boost from former TV game show host Bob Barker, left. The retired star of *The Price is Right* has sent a letter to Edmonton city council urging the elephant named Lucy be transferred to a U.S. sanctuary. The longtime animal rights advocate says being around other animals would improve Lucy's physical and mental health.

THE CANADIAN PRESS

Retail sales taking a hit

No longer can Canadians point the finger at the global downturn as the sole source of their economic woe — recession is now also a made-in-Canada problem.

New figures from Statistics Canada show the domestic economy took a beating in December, with retail sales plunging a Scrooge-like 5.4 per cent, the largest such fall in 15 years, as consumers stayed away from stores — especially car dealerships — during the traditional

high-spending month.

Until recently, most of the Canada's economic troubles had been placed on the doorstep of collapsing export markets for

Canadian products, particularly autos and oil.

But the startling retail numbers show the domestic economy is equally in trouble.

"We can't just point our finger at the U.S. and the rest of the world."

Douglas Porter, economist

point our finger at the U.S. and the rest of the world and say, 'There's our problem,' noted economist Douglas Porter of BMO Capital Markets.

THE CANADIAN PRESS

Not guilty Hate-crime trial



Geoff Howe/The Canadian Press

Former aboriginal leader David Ahenakew arrives in court yesterday prior to receiving a not-guilty verdict in his second hate-crime trial in Saskatoon, Sask. Ahenakew was first charged in 2002 following anti-Semitic comments made at a health conference and to a newspaper reporter.

Homophobia led to pedophilia charges, citizens' group testifies

CORNWALL Homophobia and the blind crusade of one police officer helped fuel a rampant belief in a pedophile ring and a cover-up by authorities in the eastern Ontario community of Cornwall, a public inquiry heard yesterday.

"Activities that in a less-homophobic community would be seen as benign, in Cornwall became evidence of a pedophile ring,"

the group Citizens for Community Renewal said in its written submissions at the Cornwall inquiry.

"For this equation of homosexuality with 'pedophilia' to occur in the 21st century and for people to reason that associated gay men were guilty by association is a reflection of the depth of the community's homophobia."

THE CANADIAN PRESS

News in brief

LISTERIOSIS Opposition critics are blasting the Harper government's refusal to hand over notes on last summer's deadly listeriosis outbreak. Liberal and New Democrat MPs say the Conservatives are flouting Access to Information laws.

BIKER TRIAL Jury selection have begun at the trial of six

people accused in the deaths of eight men connected with the Bandidos, an outlaw motorcycle gang. Some 2,000 people were ushered into a courthouse in London, Ont., yesterday to begin the selection process, which could take weeks. Once a jury is chosen, the trial is expected to last six months. **THE CANADIAN PRESS**



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Silver Dart grounded by weather

A tricky crosswind and a fresh dumping of snow over the Maritimes forced the cancellation yesterday of the recreation of the first flight in Canada of the Silver Dart, an historic event that took place 100 years ago to the day on a frozen lake in Cape Breton. **THE CANADIAN PRESS**

Officer feared for his safety

Stun gun deployed 5 times

One of the RCMP officers who confronted Robert Dziekanski the night he died says he feared for his safety after the Polish man took a combative stance just before he was stunned with a Taser.

Const. Gerry Rundel tells a public inquiry into Dziekanski's death that the man picked up an object from a desk, turned toward the officers and held both hands up near his chest.

At that point, Rundel says another officer shocked Dziekanski with the Taser, causing him to scream and

flail about.

When Dziekanski didn't immediately fall to the ground, which is expected with a Taser, Rundel says the supervising officer gave the order to stun him again.

In all, the Taser was deployed five times as officers struggled to bring Dziekanski to the ground and handcuff him on the airport floor, where he died minutes later.

The officers, who will all testify this week, have been cleared of criminal charges in the death.

THE CANADIAN PRESS

Star shocked over photo leak

Chinese film star Edison Chen says he was shocked when private photos of him appeared on the Internet, causing a sex scandal in the celebrity-obsessed Asian nation.

The Vancouver-born star was testifying yesterday in a B.C. courtroom for the trial of Ho Chun Sze back in China. Sze faces three counts of obtaining access to a computer with illegal intent.

Dressed in a black suit, black tie and tan dress shirt, Chen told a B.C. Supreme

Court justice that he never intended anyone else to see the explicit photographs.

"I'm quite a private person I enjoy my privacy I need my privacy," he testified. Chen "This was never meant for anyone else to see."

The photographs, variously showing Chen in bed



with eight of China's best-known actresses and singers, surfaced on the Internet in January 2008.

Police say the images were illegally copied from the 28-year-old star's laptop. Chen testified that he noticed his laptop missing when he was moving last year.

Then on Jan. 29, 2008, he said his friends started contacting him about the images on the Internet.

"This was a very huge shock to me," Chen told the court. **THE CANADIAN PRESS**

Riders shun buses after beheading

TRAVEL Bus companies across Canada saw a dip in ridership after last year's gruesome beheading aboard a Greyhound bus in Manitoba. Passenger numbers provided to The Canadian Press by several bus companies show thousands of riders shunned buses following the death of Tim McLean last July.

The Ontario Northland line says 11,000 fewer people took its buses between July and December of last year. **THE CANADIAN PRESS**

One of Canada's most notorious criminals wasn't Canadian at all

FORENSICS Advanced technology developed to help police crack cold murder cases has helped TV produc-

ers prove that one of Canada's most notorious criminals wasn't Canadian.

They say Albert Johnson,

the legendary Mad Trapper of Rat River who led RCMP on a weeks-long manhunt through bitter Arctic condi-

tions in 1932, grew up in Scandinavia or the American midwest.

THE CANADIAN PRESS



Robert Dziekanski captured on video by a Victoria resident in the arrivals area of Vancouver airport on Oct. 14, 2007.

News in brief

SASKATOON A jury of six men and six women will decide the fate of a man charged with shooting two Saskatchewan RCMP officers. Curtis Dagenais, 44, has pleaded not guilty to two counts of first-degree murder. Constables Robin Cameron and Marc Bourdages were killed during a car chase down country roads near the town of Spiritwood July 7, 2006. It took about four hours for the jury to be selected. Defence lawyer Bill Roe was allowed to ask potential jurors questions to make sure they weren't biased. The Crown is expected to make opening arguments today.

MONTREAL A Quebec man who was the victim of a wrongful conviction and has testified about the 34 harrowing months he spent behind bars labelled a sex offender is seeking \$2.5 million from the federal and provincial governments. Michel Dumont, a 49-year-old electrician, wants the money as compensation for his legal bills, lost opportunities and wages, and pain and suffering. Dumont was acquitted in 2001 by the Quebec Court of Appeal. The judge in the case will deliberate. No date has been set for a decision.

THE CANADIAN PRESS

eBay Sellers are Making \$10,000+ a Month



Mike, another successful eBay seller.

By James Ryder

Why settle for mediocre pay and long hours when it is possible to make over \$100,000 a year from the comfort of your home?

Over 170 million people are registered eBay users and 1.3 million are making a full-time living through online auctioning, leaving their everyday jobs.

Dan Lok, online auction expert, is one of many people who have left the mundane aspect of a 9-to-5 desk job and begun to make his own income at home with the help of his children. Now Lok is making around \$10,000 a month by selling a variety of items that can be found in his home.

"People shouldn't wait until they find themselves out of a job before they find out they are not financially secure," Lok said. "They should start ensuring their own and their family's financial future immediately."

Not only does eBay allow people to make money and get rid of some things that may no longer be of use, there are more benefits than cash. If a seller can make \$1,000 a month or more, they can qualify for most of the same benefits that are available in a regular 9-to-5 job, such as health, vision and dental. Over 200,000 members of eBay qualify for these

benefits and more.

Not only does using eBay at home cut back on paying for gas and having to deal with the hassle of rush hour traffic, but also consumer demands through the Internet are continually growing, allowing for a higher income rate per seller.

One source says on average one car is sold every two minutes, a car part or accessory sold every three seconds, diamond jewelry every eighty-three seconds, and a pair of Timberland shoes every ten minutes. These items and more, from concert tickets to stamps and coins, are sold daily by average people looking to gain an income or better their current cash flow.

"Anybody can do it if they know the right technique," Lok said. "With the right techniques it's easy to make extra income."

It is rather easy to get started in the process and become acquainted with the techniques.

With a little homework, access to an Internet-ready computer, and some basic computer knowledge, anyone can be on their way to becoming a member of the fastest growing community in the Canada and the U.S.

"Why wait to win the lottery," Lok said, "when selling on eBay is like winning the lotto every day."

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— Jeremy W.

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— Jennifer S.

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Nigerian woman dies giving birth to sextuplets
A Nigerian hospital official says a woman gave birth to sextuplets but died following a caesarean section. Doctors battled for several hours to save the woman's life early yesterday after she developed complications. All six babies were healthy. **THE ASSOCIATED PRESS**

World



Gitmo inmate freed

A Guantanamo prisoner who claims he was tortured at a covert CIA site in Morocco returned to Britain a free man yesterday after nearly seven years in U.S. captivity. Binyam Mohamed, left, had to fill out new paperwork for residency since his permit expired in 2004. **THE ASSOCIATED PRESS**

Men flee Greek jail by air

The helicopter company offered "escapes ... to idyllic destinations." But this wasn't the kind of flight it had in mind.

Police launched a man-hunt yesterday after a notorious bank robber hailed by some Greeks as a modern-day Robin Hood was lifted out of prison along with his Albanian accomplice in a rented chopper.

Authorities were scouring the country for Vassilis Paleokostas and accomplice Alket Rizaj, creating roadblocks and checking the abandoned helicopter for fingerprints and DNA.

They also announced the arrest of four prison guards and the helicopter pilot, who was found bound, gagged and with a hood over his head. The pilot said he had been hijacked by a man and woman wielding an assault rifle and a hand grenade.

Police said the chartered helicopter was found abandoned near a highway



In this image made from amateur video footage provided by Alter TV, a helicopter is seen flying above Korydallos prison yesterday as two robbers make their escape. For the second time in their lives, two robbers escaped from the prison by scaling a rope ladder to the hovering helicopter.

north of Athens on Sunday. It had a bullet hole in its fuel tank from the gunfight that broke out with guards during the escape.

A local resident captured part of the prison break on amateur video. The footage

shows a helicopter rising from the prison and flying off across the city after shots are heard.

Less than three years ago, the same two men organized an almost identical escape from Korydallos

prison, located in a densely populated western Athens suburb of the same name. They repeated their feat the day before they had been due to appear in court for their first escape.

THE ASSOCIATED PRESS

FBI crackdown removes 45 teens from sex trade

PROSTITUTION The FBI has rescued more than 45 suspected teenage prostitutes, some as young as 13, in a nationwide sweep to remove kids from the illegal sex trade and punish their accused pimps.

Over a three-night initiative called Operation Cross Country, federal agents working with local law enforcement arrested more than 50 alleged pimps, according to preliminary bureau data.

The prostitutes found in the investigation ranged in age from 13 to 17.

In Memphis, Tenn., a

man pleaded guilty yesterday to federal civil rights charges for sex trafficking in minors. Leonard Fox faces at least 10 years in prison after admitting that he arranged for underage girls to engage in sex for money.

The FBI is becoming more involved in prostitution crackdowns as it tries to rescue children caught up in the business.

"The goal is to recover kids. We consider them the child victims of prostitution," said FBI Deputy Assistant Director Daniel Roberts. **THE ASSOCIATED PRESS**

"The goal is to recover the kids. We consider them the child victims of prostitution."

Daniel Roberts

Mr. Harper goes to New York

VISIT Prime Minister Stephen Harper was in the Big Apple yesterday, capitalizing on goodwill from last week's presidential visit to extol Canada's virtues.

In an interview with Fox News, Harper said he reiterated the dangers of protectionism in his meetings with President Barack Obama, warning that any attempt to rekindle "Buy American" sentiment in the U.S. could cause a seri-

ous economic situation to get even worse.

"Protectionism is the one thing that could turn a very deep recession into a very deep depression if we are not careful," he said.

Harper then made his way to the United Nations to discuss a litany of issues, including global security and Afghanistan, in a brief sit-down with UN secretary general Ban Ki-moon.

THE CANADIAN PRESS

News in brief

DEFICIT U.S. President Barack Obama has vowed to cut the country's budget deficit in half by the end of his first term. Obama said yesterday the deficit, projected to total \$1.3 trillion US this year, must be brought under control.

ISRAEL Prime Minister Ehud Olmert fired Amos Gilad, his lead Gaza negotiator, for publicly criticizing the Israeli leader's handling of the truce talks, a move that threatens to set back the already troubled contacts. Olmert hopes for a

ceasefire and the release of a captured Israeli soldier before his term ends, likely within weeks.

TICKETS Ticketmaster has agreed to change the way it sells tickets over the Internet. New Jersey Attorney General

Anne Milgram announced the settlement yesterday. Ticket seekers for a recent Bruce Springsteen concert were redirected from the main Ticketmaster site to a subsidiary that charged more.

THE ASSOCIATED

ALL NEW EPISODE
RICK MERCER REPORT

This week, Rick gets cozy with Canada's hottest mayor – Hazel McCallion.

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Tuesday, February 24, 2009

12 world

Ex-boyfriend wants DNA tests for octuplets

A former boyfriend of Nadya Suleman wants DNA testing to determine if he's the father of her 14 children, including her octuplets. **THE ASSOCIATED PRESS**

Australians flee fires

New blazes threaten fringes of Melbourne

With terrifying memories of Australia's deadliest wildfires still fresh, residents chose to flee rather than protect their homes yesterday when new blazes threatened the fringes of the country's second-largest city.

One house was destroyed in the Melbourne suburb of Belgrave South before the fire threat eased.

At least two new fires

209 The Feb. 7 wild-fires that swept Victoria claimed at least 209 lives, destroyed 1,800 homes and displaced more than 7,500 people.

broke out in southern Victoria state, where high temperatures and strong, gusty winds blew the fires first one way then another.

Another fire, burning for more than a week, flared and sent embers raining on Melbourne.

Many victims of the Feb. 7 fires died in their cars or in the open, and police said they tried, too late, to escape. Since then, officials have urged residents to choose quickly: Leave early when a blaze is near, or stay and fight.

THE ASSOCIATED PRESS

9 security agents killed in Algeria

BOMBING Algerian officials say a bomb has killed nine people and injured three in the Jijel area, about 350 kilometres east of Algiers, the capital.

They say the victims were security agents working for Algeria's national energy supplier, Sonelgaz.

No one has claimed responsibility for the bombing. It comes as al-Qaida's Algerian offshoot has vowed to step up attacks ahead of presidential elections in April.

THE ASSOCIATED PRESS

World court set to rule on Sudan president's warrant

DARFUR Judges at the International Criminal Court in The Hague said they will announce next week whether they will order the arrest of Sudan's president on charges including genocide and crimes against humanity in Darfur.

Prosecutors at the world's first permanent war crimes tribunal asked last July for a warrant, accusing Omar al-Bashir of masterminding a campaign of murder, torture and rape by government

troops and Arab militias in the Darfur region.

The president would be the first sitting head of state ordered arrested by the court. But even if the judges issue a warrant on any or all of the 10 charges in their ruling Mar. 4, it remains unlikely al-Bashir will be sent to the court's headquarters in The Hague any time soon. Sudan does not recognize the court's jurisdiction and refuses to hand over suspects.

THE ASSOCIATED PRESS

Rich Dad's Solution to the Economic Crisis on Wall Street

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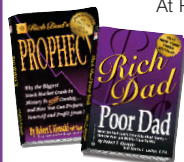
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Robert Kiyosaki will not attend this workshop.

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Comment & Views

Comment

Media melts over Obama

NationalReport

Lawrence Martin



ust being in the presence of Barack Obama elevated the stature of Stephen Harper last week.

It looked as though our prime minister had more purposes in life other than beating political opponents to death. One of his former cabinet ministers, Monte Solberg, has been saying that Mr. Harper needs a vision for the country, something other than damage control. Maybe this president can inspire him to think in loftier terms.

Mr. Harper handled himself impressively in his press conference with the new American megastar.

Little of substance was accomplished at their meeting — unless you wish to count that breathtaking committment to a new clean-energy dialogue. But the media didn't challenge the two leaders to demonstrate concrete signs of progress. All that mattered was atmospherics and, from that point of view, the meeting was a robust success.

Tough questions? Forget about it.

Barack Obama arrived right on the heels of committing another 17,000 troops to Afghanistan. For a president promising a new way, the escalation of a war as the first major foreign policy act was somewhat jarring. Haven't we seen this movie before, someone might have asked him. A president ups the ante, a war drags on, a

president can't recall the troops for fear that he and his country will look weak. The quagmire scenario results.

Afghanistan, if history is any indication, does not submit to foreign occupation. Our own little Canadian experience, Mr. Obama might note, is just another added bit of evidence.

On the business of war, Mr. Harper escaped any questioning on his apparent reluctance to take issue with Guantanamo, specifically in the case of the Canadian, Omar Khadr. Mr. Obama has moved, thankfully, to shut down Gitmo, that appalling vestige of the Bush administration.

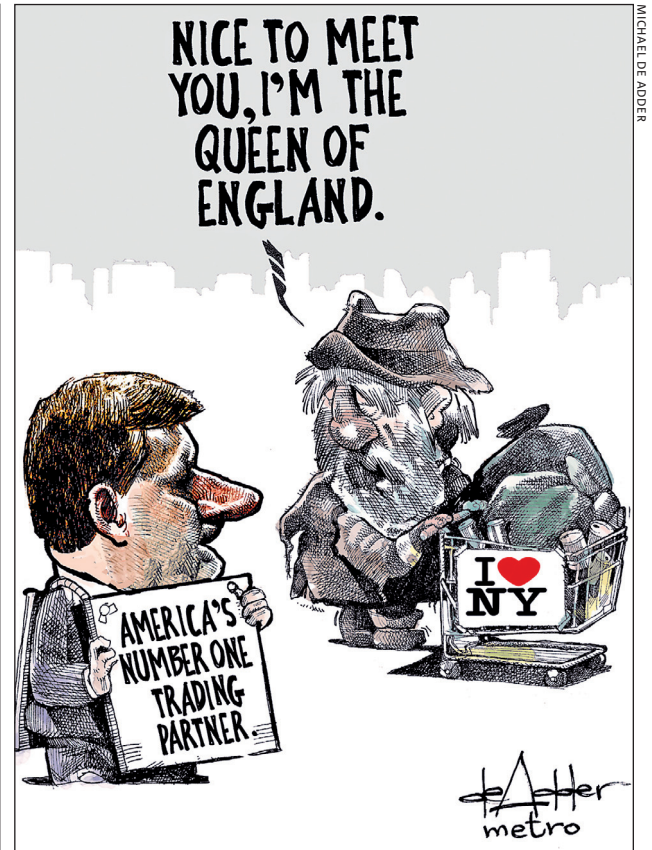
The issue of the NAFTA-gate controversy, the Canadian government's bit of leakage that hurt Mr.

Obama during his primaries' battle with Hillary Clinton, fortunately did not come up. It would have required some fancy footwork on the part of our PM. Nor did many other big differences between the two leaders — such as their positions on the Iraq war — impinge on the most friendly proceedings.

Bilateral relations were fantastic, the president said, not pausing to note that, for the first time in our history, passport requirements and armed men have become staples along the world's longest undefended border.

No one wanted to spoil the fun by pointing this out as well as a lot of other things. What resulted was a good summit, made all the better by media compliance.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.



Metro Online Poll Results

81% SAID YES

Was Hugh Jackman a good choice to host the Oscars?

Weigh in on today's question at metronews.ca

19% SAID NO

Views

Let's all give thanks to the hard-up CEOs who forego their stock options



Charles Davies

Veteran Business Writer

One can imagine the heart-rending scenes that have taken place in Canadian bank board meetings of late. CEOs, overcome with

attacks of guilt and propriety, plead with their fellow directors: "Please sirs, cut my pay, slash my bonus, and rip the stock options from my hands. How can I eat cake while my customers starve?"

The directors balk, arguing that the CEO has done an extraordinary job of pi-

loting a complex institution in difficult times. He has earned his fulsome compensation, they say, but then they grudgingly accede to his request. After all, it's optically better to be seen as public-spirited than parasitic — like those shameless U.S. investment bankers who use public

bailout money to refurbish their offices — in a time of economic crisis.

One would like to think bank CEOs, indeed all corporate managements, are awakening to something bigger, however. It's the notion that business shouldn't always be purely about maximizing profit

and shareholder value, or taking home the biggest compensation package, whatever the consequences.

Corporations, like it or not, are part of the social fabric, and they concede as much through their community involvement and philanthropy.

Particularly in hard times, it's fitting that companies temper the desire for growth and profit with concessions to the greater good.

For some companies, that might mean not having as many layoffs as possible; for others, it could be taking a pay cut.



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The Campbell Soup Co. says its second-quarter profit has dropped 15 per cent. The company says it earned \$233 million US for the three months that ended Feb. 1. That's down from \$274 million in the same period a year ago. **THE ASSOCIATED PRESS**

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

RV maker reports huge sales drop

CORPORATE Glendale International, an electronics and recreational vehicle maker, reported a bigger loss for the fourth-quarter as sales in its RV segment dropped due to the deteriorating economy.

The Oakville-based company reported a year-end loss of \$8.7 million reversing year-ago profit of \$13.3 million. Annual sales dropped 24 per cent to \$93.3 million from \$122.7 million. **THE CANADIAN PRESS**

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Honda New leadership



Honda Motor Co.'s new chief executive Takanobu Ito addresses a media conference in Tokyo yesterday. Ito, a 55-year-old research and development expert with U.S. experience, replaces Takeo Fukui, 64, as the company moves to provide fresh leadership to battle a global crisis in the auto industry.

Business in brief

REBRANDING ING Canada — no longer controlled by ING Group following the completion of last week's \$2.2-billion sale of its 70 per cent stake in

ING Canada — is rebranding the largest home, auto and business insurer in the country as Intact Insurance Co.

THE CANADIAN PRESS

Nova accepts Abu Dhabi bid

\$2.3B offer 4 times stock price

Abu Dhabi's International Petroleum Investment Co. is taking over debt-squeezed plastics maker Nova Chemicals Corp. in a friendly deal worth \$2.3 billion US.

IPIC, owned by the government of Abu Dhabi, the second most populous city in the United Arab Emirates, said yesterday its \$6 US per share cash offer is more than four times Nova's stock price on Friday.

Carl Blake, an analyst for corporate bond research firm Gimme Credit, said the deal is a "far cry" from the replacement value of Nova's plants.

"That suggests that the situation was fairly dire and it was a prudent move for

Independent

- Nova, headquartered in Pittsburgh but with major operations in Alberta and Ontario, will remain an independent company with its current senior management team staying in place.

them to take advantage of the opportunity," he said.

Nova shares reached a new low this month as traders assessed heavy losses and looming debt deadlines in a deepening recession, trading as low as \$1.38 from around \$30 last September. But sales of Nova's main product, polyethylene, have been resilient. **THE CANADIAN PRESS**

Steel distributor cutting 500 jobs

LAYOFFS Russel Metals Inc. is cutting 500 jobs and reducing executive and white collar salaries by 10 per cent to deal with a battered steel market.

The Toronto-area steel distributor says the cuts affect about 16 per cent of its workforce of 3,000 people. The layoffs will be done by the end of March.

THE CANADIAN PRESS

Green power firm profitable again

HYDRO Canadian Hydro Developers returned to profitability in the fourth quarter, as the alternative energy producer's revenue increased from a year earlier by 35 per cent. The Calgary-based company owns and operates 19 water and wind-powered electricity plants.

THE CANADIAN PRESS

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Cash tips a click away

SmartCookies



Online blogs are not only a fantastic resource but they can also fill the role of virtual money group. Knowing where to start when it comes to blogs can be a tad overwhelming, so here are some favourites to get you on your way.

Getting Started

To get back to the financial basics, check out moolanomy.com. Like many other finance blogs, Moolanomy offers sound advice on topics such as investing, saving, goal setting and real estate. But what we think makes this site unique is an element called blogroll, a directory of the top personal finance and money blogs. Another feature to check out is the

freebie section that allows you free access to online money magazines and books.

Saving Your Time and Your Dough

These days, time is money. For creative ways to save on both, take a peek at life-hacker.com. This site offers clever solutions for a variety of everyday trials and tribulations, as well as more efficient ways to get things done, so you can work less and enjoy life more.

Money News While You Move

If podcasts are more your style, check out fundadvice.com/sound-investing/. This weekly radio show was just voted "Best Money Podcast" by Money Magazine.

Sound Investing is perfect for the Smart Cookie on the go — you can simply download the latest in money matters straight to your iPod.

Fashionista Turned Recessionista

And last but not least, check out Vancouver blogger May Globus. In her blog

Riding the Recession

confessions-of-a-fashion-fanatic.blogspot.com, May offers advice on how to maintain a sense of style that fits within your newly adjusted spending plan. She highlights great finds from popular fashion houses.

For more tips, tune into the Smart Cookies on the W Network — Monday nights at 10:30 p.m. PST/EST. Email us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing Allan Small

Visit metronews.ca to read Allan Small's market update.

Contribute to RRSPs or TFSA?

Q For the past six years, my wife and I contributed very little to our RRSPs. In this time, we saved the down payment for the purchase of our own home. Should we make a lump sum contribution to our RRSP or the new Tax Free Savings Account? — Paul

A March 2, 2009, is the final date to make a Registered Retirement Savings Plan (RRSP) contribution that can be deducted for 2008.

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MoneyMatters

Henry Choo Chong

choochonghcg@yahoo.ca

The new Tax Free Savings Account (TFSA) has a maximum \$5,000 contribution per calendar year. The TFSA has no deadline.

The RRSPs and TFSAs have very similar features

with some differences:

- Investments limitations are identical
- RRSP contributions can be deducted, not so with a TFSA
- TFSA holders can make withdrawals without being taxed. All RRSP withdrawals are taxed
- RRSP should be held for retirement, TFSA can shelter short-term funds.

Reach Henry Choo Chong, CGA, at choochonghcg@yahoo.ca.

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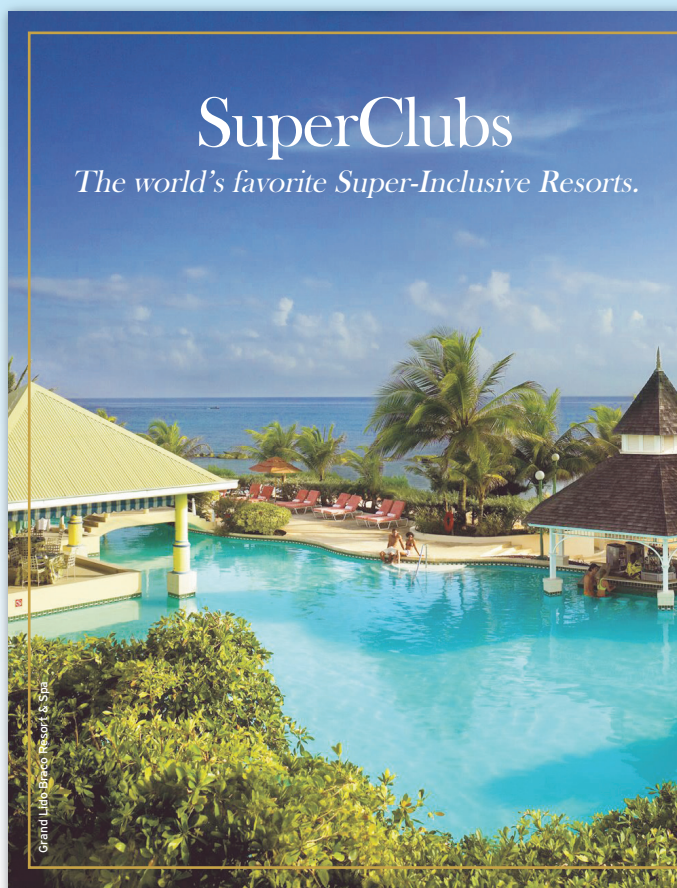
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According to an RRSP poll by RBC, 28 per cent of Canadian boomers plan on delaying their retirement due to current economic conditions; 43 per cent say their retirement has been delayed between one and two years. **METRO NEWS SERVICES**

RRSP Guide



'Indulgences' add up

According to the annual TD Waterhouse RSP poll, women spend about \$25 a week on "indulgences" — which could include a daily latte or eating out once a week. If you were to put that into an RRSP, it could add up to nearly \$200,000 in savings (for a woman in her late 20s who plans to retire at age 65). **METRO NEWS SERVICES**

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Financial freedom

More women looking to take control of their future

ROBYN YOUNG
for Metro Canada



Financial planning is getting to be as hot as last year's skinny jeans, but fortunately, it looks good on just about everyone.

A recent survey of Canadian women regarding their financial futures, conducted by Desjardins Financial Security, found that the number of women planning for retirement is on the rise.

While financial planning has traditionally been left up to the men, only 20 per cent of women questioned

admitted they have little or no interest in preparing for retirement compared with 27 per cent of men.

Laura Rossiter, a consultant with Investors Group Toronto Midtown, says she's seeing more of a sense of urgency among her female clients to make sure their financial houses are in order.

"Women are getting involved and have the desire to learn and educate themselves and gain financial independence," she said.

Still, there seems to be an intimidation factor that keeps Canadian women from seeking help.

State Farm Insurance commissioned their own survey in December to find out how well-prepared Canadian women are for the future.

While 80 per cent felt it was important to prepare for their financial future, almost 40 per cent felt that they were falling short and didn't feel secure.

Getting help

Where to get financial advice:

- Make an appointment with a personal banker at your own bank branch
- Consult your home or car insurance broker, they may also offer financial services
- Seek out a financial adviser



The number of women planning for their retirement is on the rise, a recent survey by Desjardins Financial Security found.

Pete Karageorgos, spokesman for State Farm, said women recognized they needed advice but were reluctant to seek it out. Rather than working with professionals, the majority of those surveyed said they sought financial advice from friends, family members or spouses, and even then, were reticent.

"Forty-two per cent of women said they found go-

ing to the dentist less excruciating than talking to their spouses about their daily finances," Karageorgos said.

Rossiter, who majored in women's studies before entering the field of finance, says women should not feel intimidated by financial planning.

"Moving forward really gives a strong sense of empowerment," she said.

She recommends women

seek out a financial adviser they feel comfortable with.

It's also important women review simple things like credit card balances, chequing accounts and purchasing habits, Karageorgos said.

"Figure out where you're spending your money and that'll help identify areas where you can cut expenses," he said.

Whether married or sin-

gle, it's imperative women get a handle on their finances, Rossiter said, because you never know what the future will bring.

"If you don't plan for certain circumstances, then you're going to be caught off-guard and left out in the cold," she said.

"You're planning for the future and this is the best thing you can do for yourself."

Spousal RRSPs can help reduce taxes

Couples looking to build a nest egg with the added perk of tax savings may want to consider a spousal registered retirement savings plan.

A spousal RRSP is effectively an "income-splitting" technique that allows married, or common-law partners, to reduce their taxes now and in their golden years. Experts say minimizing taxes in retirement is important because couples are typically living on a fixed income.

Spousal plans are optimal for partners who earn different levels of income. Thus, experts stress the product may not be the best retirement solution for every couple.

"The people who can make maximum advantage of it are in a situation where there is a substantial difference in incomes between

the married or common-law partners," said David Ablett, director of tax and retirement planning with Investors Group Inc. in Winnipeg.

Possible scenarios include couples where one spouse is a stay-at-home parent or where one partner plans to take time off from work for an extended period, possibly to pursue post-secondary studies.

It can also be used by couples in which one spouse is still working past age 71. Rules prevent that wage earner from contributing to his or her own RRSPs at that age. But if that breadwinner has a younger spouse, he or she can direct contributions to a spousal RRSP to glean tax savings.

Essentially, the product is geared toward spouses who have a significant difference in incomes or for those who

expect to have such an earnings gap in the coming years.

"You want the higher-income spouse to be the contributor and the low-income spouse to be the annuitant or the owner of the RRSP," explained Ablett.

This is how it works. The higher-income earner is designated the "contributing spouse" because he or she makes contributions to a spousal plan in the lower-income partner's name. The spouse who receives the contributions is known as the "plan holder."

Annual payments into a spousal RRSP are based on the contribution room of the higher-income spouse. That exact amount is outlined on the notice of assessment provided by the Canada Revenue Agency.

It is possible for a contributing spouse to sock

money away in both his or her own RRSP and in a spousal plan, just as long as the combined payments remain within the contribution limit.

Just like a regular RRSP, payments into a spousal plan give the contributing spouse an immediate tax deduction.

Then during retirement, when the plan holder withdraws funds from a spousal plan, he or she is likely to be taxed at a lower rate — thereby reducing the couple's combined tax burden.

The trick, according to experts, is ensuring the tax savings claimed by the contributing spouse are higher than the taxes paid by the plan holder during retirement.

"What you are trying to do, in effect, is attempt to equalize as much as possible the retirement in-



A spousal RRSP allows couples to reduce their taxes.

comes," Ablett said.

However, "there are tax implications that you need to be aware of," said Lee Anne Davies, head of advanced retirement strategies at Royal Bank of Canada. "With spousal RRSPs in general, there is a three-year time frame after a contribution is made when you need to be very clear on the attribution rules."

An investment specialist can help steer a couple's retirement plan so that they do not find themselves in breach of any rules, said

Judy Thomson, director of sales at BMO Retail Investment.

Additionally, an expert can discuss other income-splitting techniques such as pension splitting and the splitting of CPP retirement benefits.

"Especially in this market, do yourselves a favour as a couple if you haven't," she said. "Because if you think about the stats, how many marriages break up over money ... Think about this stuff, you've got to deal with it." **TORSTAR NEWS SERVICE**

Survey says...

According to the second BMO Savings Monitor survey, 25 per cent of respondents will not contribute to their RRSP this year, while one-third plan on cutting back on their contribution. **METRO NEWS SERVICES**

Planning key for next year

RAFAEL BRUSILOV
for Metro Canada



Even if you're going to miss the March 2, 10:30 p.m. deadline to contribute to your RRSP, experts say you shouldn't let yourself get discouraged.

Whether because of procrastination, a tough financial situation or another factor, missing the RRSP deadline can feel like a painful setback.

Scott Ward, a financial adviser with Edward Jones, says the most important thing after missing an RRSP contribution deadline is to make sure you don't do it again by analyzing why you weren't able to put away the necessary money.

"Make a budget. Take a real close look at what expenses you've got going out every month and what's preventing you from saving for your retirement," Ward said.

Even making a small adjustment, like eating out less, can have a profound effect on saving you enough money to put towards your RRSP.

Mark Coutts, a certified financial planner with Sun Life Financial, says saving a little money on a monthly basis is a better strategy than trying to dump a large sum of money all at once into your RRSP when the deadline looms. If you dropped the ball this year, plan to make your RRSP contribution a monthly commitment next year — after all, you're in this for the long term.

"If you miss the deadline, you've got the entire year of 2009 to look to the future," Coutts said.

Ward suggests that even if no new money is coming into your RRSP this year, now is a good time to review your portfolio and ensure your money is working for you. Speak to your adviser to figure out if you should make adjustments to your investments.

Coutts says that while missing the contribution deadline can hurt, remember that there are other investment alternatives like the Tax-Free Savings Account, a Registered Education Savings Plan for your kids, or putting money towards your mortgage.

If you're feeling pessimistic about your savings, Ward says the best thing is to keep your chin up and continue to plan your RRSP strategically.

"Everything's a cycle. Things will recover and you want to be positioned to take advantage of the eventual recovery," Ward said.

Experts offer last-minute tips for investors

RAFAEL BRUSILOV
for Metro Canada



The RRSP deadline is fast approaching but you still have time to make a smart decision.

Scott Ward, financial adviser with Edward Jones, and Mark Coutts, a certi-

fied financial planner with Sun Life Financial, offer the following tips:

Don't fly blind: Make sure you look at your notice of assessment so you know exactly how much contribution room you have so that you don't put in too little (and lose an opportu-

nity) or too much (and suffer penalties).

Stick to what works: The last minute is not the right time to try untested strategies or investments.

"It's important not to get swayed off your plan — stick with your original strategy," Coutts said.

Don't make rash decisions: Buying the wrong investments with your RRSP money just to "get it in" can lead to bad choices.

"If you're in a rush, put the money in, but don't lock it into anything right away. Sit down with your adviser and make the appropriate long-term deci-

sion when you have the time," Ward said.

Leave breathing room: Don't leave every detail until the last minute, since there will be others vying for your adviser's time.

"It's like Christmas shopping — there'll be a line-up," Ward said.

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Sports

EDITOR: JOHN.CHICK@METRONEWS.CA

Renney out, Torts in on Broadway

NHL Tom Renney was fired as coach of the New York Rangers yesterday and replaced by John Tortorella in an attempt to save a season that has spiralled out of control. The Rangers opened 10-2-1, but 10 losses in the last 12 games have placed the team in danger of missing the playoffs. Tortorella led the Tampa Bay Lightning to the Stanley Cup title in 2004 and was let go following last season. The Rangers were not required to provide compensation to the Lightning. Renney, a former coach of the Vancouver Canucks, was 164-121-42 with the Rangers in four-plus seasons. New York plays in Toronto tomorrow.



Renney

THE CANADIAN PRESS

Wells out four weeks

Vernon Wells reported to Jays spring training last week looking to all like he was in great shape.

He cut the usual figure of a star athlete, and it was augmented by a new twist in his approach for the upcoming season — the hiring of a personal trainer who will work with him on a daily basis all season long.

All that — and his status for not only the opening of the Grapefruit League tomorrow, but potentially for Opening Day — was thrown into uncertainty yesterday when the Jays revealed their centrefielder suffered a recurrence of the hamstring injury that plagued Wells last season.

"He tweaked his hamstring again, he'll have an MRI (yesterday) and we'll know more (today)," Jays manager Cito Gaston said.

Wells won't be in centre tomorrow when the Jays open their Grapefruit League schedule at home against the Yankees. The question becomes how much time will he miss, and it's all but a certainty the club will take a very cautious, long term approach with Wells.

"It is ..." Gaston said when asked if Wells' latest bout with hamstring trouble is a concern.

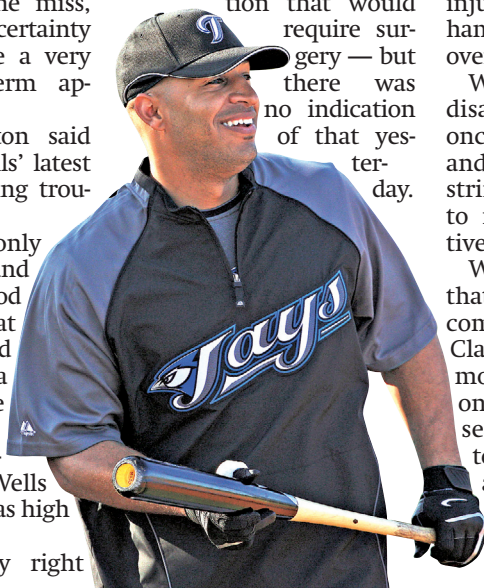
"I think the only good thing, and there's nothing good about this, but at least it's happened now. He has a chance to start the season."

Jays GM JP Ricciardi estimated Wells timetable to reach as high as four weeks.

"It's preliminary right

now, but it could be four weeks," Ricciardi said.

Wells will take treatments over the next few days unless the MRI shows a much more serious condition that would require surgery — but there was no indication of that yesterday.



TORSTAR NEWS SERVICE

Bonds' trainer ordered to court

Barry Bonds' personal trainer was ordered yesterday to appear before a federal judge and say whether he'll break his silence and testify at the slugger's perjury trial.

U.S. District Judge Susan Illston summoned Greg Anderson for the unusual hearing, scheduled for tomorrow. Anderson is considered a vital witness for the government as it tries to prove Bonds lied to a grand jury investigating steroid use by athletes. Prosecutors said the trainer can directly link Bonds to three positive drug tests and other evidence collected during a September 2003 raid at the Bay Area Laboratory Co-Operative, which was at the

centre of the steroids probe.

The judge has barred prosecutors from showing the jury the test results because Anderson is refusing to testify. Anderson is alleged to have collected the urine samples for drug testing at the lab. Without his testimony confirming the collection, Illston has said there is no way to prove the samples belong to Bonds.

Similarly, the judge said calendars that prosecutors say chart Bonds' use of performance-enhancing drugs can't be introduced without Anderson's testimony.

THE ASSOCIATED PRESS



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Sports in brief

NBA Houston Rockets star Tracy McGrady is having season-ending surgery on his left knee. McGrady said last week he had decided to have the surgery, scheduled for today in Chicago. The team had never officially confirmed McGrady would have surgery, and GM Daryl Morey said last week that the Rockets wanted to talk to him about his decision.

NHL Martin Brodeur is ready to play for the New Jersey Devils for the first time since having elbow surgery four months ago. "I told them I am feeling ready," Brodeur said yesterday after an hour-long practice. The Devils have three home games this week.

CFL The Toronto Argonauts have officially re-signed free-agent linebacker Willie Pile. He was Toronto's defensive leader last season, posting a team-high 75 tackles that was sixth among CFL defenders.

BASEBALL Former major league third baseman Corey Koskie will play for Canada in the World Baseball Classic, he confirmed yesterday. His career has been plagued by post-concussion problems and he hasn't played since 2006 with the Milwaukee Brewers. **THE CANADIAN PRESS**

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Pittsburgh	29	26	6	64
TORONTO	22	26	12	56
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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

An antioxidant Rx

Finding the balance between nutrients and free radicals

CELIA MILNE
for Metro Canada

A new book for 2009 may inspire a healthier you.

Author Bryce Wylde, who is a homeopathic doctor and director of natural medicine at the Vaughan Medical Centre in Vaughan, Ont., says we each need to find the balance between good nutrients called antioxidants and bad cell-killers called free radicals. "Your health status is based on the balance of antioxidants and free radicals. If that balance is off, you're aging faster and trending toward disease faster."

To achieve your balance, you must know what to erase from your life and what to add. For example, remove as many toxins as you can (plastic wrap in the microwave or radon gas in the basement) and don't do things to excess (examples: too much sun, too much junk food and even too much exercise!). Add more antioxidant-rich foods such as chocolate,

berries, veggies, coffee and red wine.

Wylde's new book *The Antioxidant Prescription* (published by Random House) covers how to test yourself for free radicals, how to remove toxins from your environment, how to detoxify, how to get your stress levels under control, how to exercise in moderation, and how to consume more antioxidants, through food and supplements.

Wylde also likes to "debunk the junk," and demonstrates that anti-aging doesn't come in a bottle. It's a little bit more work than that. "Beauty occurs from the inside out," he says. "When there



"When there is a balance between antioxidants and free radicals internally, you achieve beauty."

Author Bryce Wylde

is a balance between antioxidants and free radicals internally, you achieve beauty," he told Metro in an interview.

So what are these sinister free radicals? Our bodies produce free radicals naturally, but they can be destructive to cells when produced in excess, and act almost like rust to metal. Studies show they play a role in cancer, cardiovascular disease, stroke, Alzheimer's and

autoimmune diseases. "Free radicals are the root of all disease — at the molecular level," said Wylde. To get rid of free radicals, he says, try to limit your exposure to baddies such as plastics, radon gas (you can buy a detector at hardware stores), junk food, unnecessary prescription drugs, food additives such as artificial colour and sun, recommends Wylde.

Over-exercising is just as bad or worse than

being a couch potato, he adds. Wylde guesses that Lance Armstrong, who won the Tour de France seven times in a row, contracted testicular cancer because of his excessive, free radical-producing exercise regime.

The old "no pain no gain" mantra is not the best way to go, according to Wylde. Instead, he recommends a daily routine of weight-bearing and non-impact cardiovascular exercises, which he outlines in the book.

To achieve a healthy balance, author Bryce Wylde recommends removing toxins from your life, avoiding excess and adding more antioxidant-rich foods to your diet.



Top 10 list of foods to avoid

According to homeopathic doctor Bryce Wylde, author of *The Antioxidant Prescription*, these are the top 10 foods to avoid:

1. Fast food such as burgers and fries
2. Hydrogenated fats (will show up on ingredients list for

- crackers and cookies)
3. Olestra (a synthetic fat)
4. Nitrates (found in bacon and hot dogs)
5. Alcohol (except for moderate amounts of red wine)
6. Raw oysters and sushi (may carry bacteria)
7. Saturated animal fats (in

- beef, pork and in chicken skin)
8. Soda pop
9. High-fat and high-sodium snacks, including chips.
10. Frozen meals when you have time to make "real food."

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Healthy food prices rising, report says

Tips on how to eat nutritious meals while on a budget

There are "startling discrepancies" in the cost of basic, healthy food at grocery stores across Canada, according to a report released by the Heart and Stroke Foundation this month.

Some Canadians, depending on where they live, are paying between two and six times more money for the same grocery cart of healthy foods, the report found.

Riding the Recession

The cost of a package of whole-wheat pasta ranged from \$2 in Barrie to \$11.37 in Dawson, Yukon. While in Ontario, the cost of six medium apples ranged from \$0.90 in Peterborough to \$5.49 in Dryden.

The discrepancies in the

cost of healthy food across Canada and across provinces is startling, said Stephen Samis, director of health policy at the Heart and Stroke Foundation.

"Access to basic healthy food should be a right, not a privilege," Samis said. "Yet many Canadians have trouble affording, or even finding, healthy food where they shop. This is a problem that may get worse given the downturn in the current economy."

For Canadians looking for more ways to cut back on spending but not nutrition, registered dietitian Amanda Schwartz offers these tips:

- **COOK SEASONALLY** Fruits and vegetables that are in season are cheaper than off-season fare. In the winter season try buying cabbage, carrots, garlic, kale, leeks, onions, parsnips, apples, kiwi, bananas and oranges.

- **PURCHASE FOODS THAT PROVIDE MORE BANG FOR YOUR BUCK** Examples of fruits and vegetables that provide a high nutrient to

price ratio include cabbage, carrots, oranges, bananas, frozen and canned fruits and vegetables.

- **HAVE BREAKFAST FOR SUPER** Eggs are a great, less expensive source of protein that can be eaten at any meal. Try making an omelet with a plethora of colourful vegetables and include whole grain toast or a sweet potato for a well balanced and filling dinner.

- **DO THE PREP WORK** Bagged salad mixes and pre-chopped produce may save time but that extra convenience will cost you.

- **MAKE YOUR OWN SNACKS** Popcorn is one of the most commonly recommended snacks by dietitians and is a snap to make. Buy an air-popper and make your own air-popped pop corn for a great low calorie snack. Also, try making your own trail mixes by getting walnuts and almonds and other nuts from the bulk bins and include dried fruits and pretzels.

- **SHOP WITH A BUDDY** If



When grocery shopping, look for foods that provide more bang for your buck like products that are high in nutrients.

you live alone try buying bulk-sized items and splitting them with a friend(s).

- **USE COUPONS** Check out weekly fliers for great savings.

METRO NEWS SERVICE

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CELIA MILNE
for Metro Canada



NUTRITION "Antioxidants" is the new household word. But what are these health powerhouses, and where can we find them?

Antioxidants are key nutrients to our health. Think of vegetables and fruits with the deepest, darkest colours as having the most antioxidant power. More and more

studies these days are showing that antioxidants can help fend off diseases, even serious ones like heart disease and some types of cancer.

According to homeopathic doctor Bryce Wylde, author of The Antioxidant Prescription, we need to consume more antioxidants these days to counteract our unhealthy environment and lifestyle.

"With our load of tox-

ins, stress and lack of exercise, we need a much higher level of antioxidants."

Antioxidant superheroes are: Berries (blackberries, elderberries, blueberries and strawberries), red wine (in moderation, of course), spinach, kale, broccoli, garlic, tomatoes, carrots, dark chocolate (yeah!), coffee, beans, nuts, legumes, and spices such as sage, cumin, turmeric and curry.



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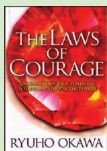

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Josey Vogels

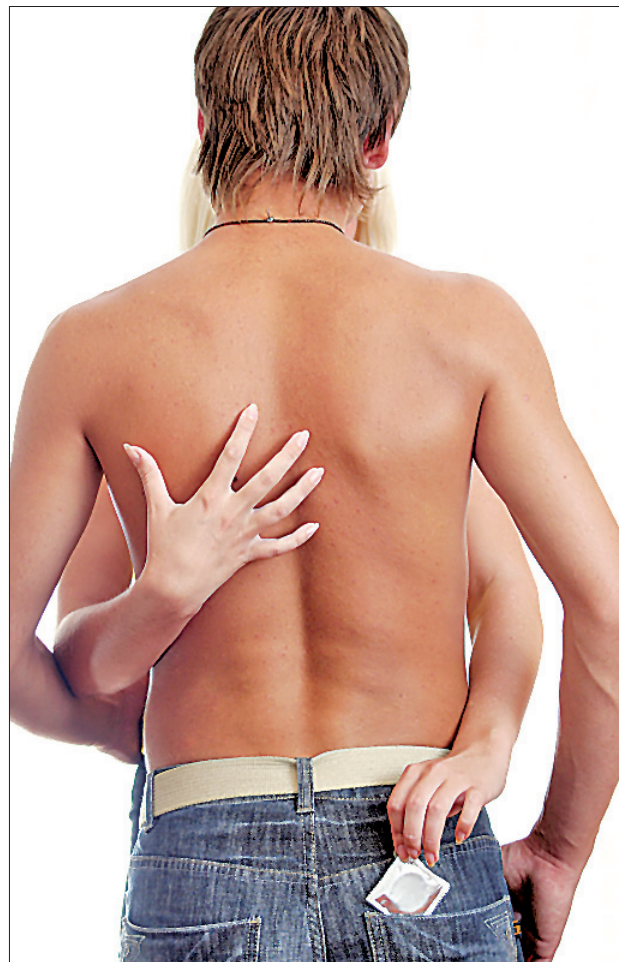
Sex talk with Josey

With all the focus on love and romance this month, I almost forgot the fact that February is also condom month. But there's still a week to celebrate. Maybe I'll buy a box, blow them up and bounce them around the room like I did with my high school sweetheart to ease our nervousness the first time we had sex.

Condoms have come a long way since then. These days, condoms come ribbed, textured, ultra-thin, extra large, low-odour, specially designed for her pleasure, the list goes on.

So why is it, with so many condoms to choose from, so many of us still aren't using them? According to sexualityandu.ca, a Canadian sexual health information website, "Of sexually active adults aged 20 to 24, 44 per cent reported having sex without a condom, 33 per cent of those aged 18 to 19 and 22 per cent of those aged 15 to 17."

Not surprisingly, rates of sexually transmitted infec-



February is condom month — a reminder to avoid taking risks with our sexual health, says our columnist.

tions (STIs) like chlamydia, gonorrhea and syphilis have all increased in recent years. Higher rates are no doubt also due to increased awareness resulting in more people getting tested, but still, last time I checked, unprotected sex is the only way you can acquire an STI.

Sadly, we come up with all kinds of reasons not to practise safer sex. Fear, for one — fears that are greater than a nasty STIs or HIV — like the fear that, gasp, a guy might lose his erection if he wears a condom.

There are other reasons why we take the risk; in

fact, in some cases, the thrill of the risk is one of them. In other cases, if you slip once with a lover and the sky doesn't fall, it's easier to slip again. Studies have even shown that people use logic as naïve as "he looked clean" or "I trusted him" as reason enough to lose the rubber.

Most of us still aren't comfortable even raising the subject. We can talk about what restaurant to meet at for a date but we can't talk about taking care of each other's sexual health. Letting someone know that you care about him or her and wanting that person to be safe should be a positive, natural thing.

But, rather than risk spoiling the moment by trying to lunge over to the bedside drawer without injury, seductively tearing open a condom with your teeth and sliding it on, all without missing a beat, it's much easier to just go with the flow and let things unfold according to your desires. And learn to live with the guilt. Hey, I'm Catholic — you can learn to live with guilt. Potentially life-threatening infections and diseases, on the other hand, not so much.

Happy condom month!

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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ELISABETH KING
for Metro Canada



SWIMMING Shower before getting into a pool or spa — the water expands your hair cuticles, lessening the risk of chlorine damage. If you swim mostly in salt water, use protein treatments to keep hair soft and shiny, such as VO5 Hot! Protein (\$5, 3x25g sachets).

ANTI-AGING Help hair regain strength and vitality with an anti-aging shampoo that fights damaging free radicals, such as Phyto-densium Anti-Aging Shampoo For Lifeless Hair (\$26, 200 mL). For stronger, fuller-looking hair, try Dove's Advanced Care Pro-Age shampoo and conditioner (\$8 each, 355 mL).

COLOUR Use a colour-protecting conditioner — even if you're not colouring your hair. Hormonal changes, cell renewal slow-



Limit heat damage by allowing your hair to dry as much as possible before using a blow-dryer.

down and various medications can all affect your hair's condition. Try Dove Advanced Color Therapy conditioner (\$5, 355 mL).

HEAT DAMAGE Prevent heat damage by allowing hair to air-dry as much as possible and turn down the heat on your blow-dryer. To maintain your hair's volume, use lightweight styling

products such as Pantene Pro-V Style Body Builder Volumizing Mousse (\$6, 187 g).

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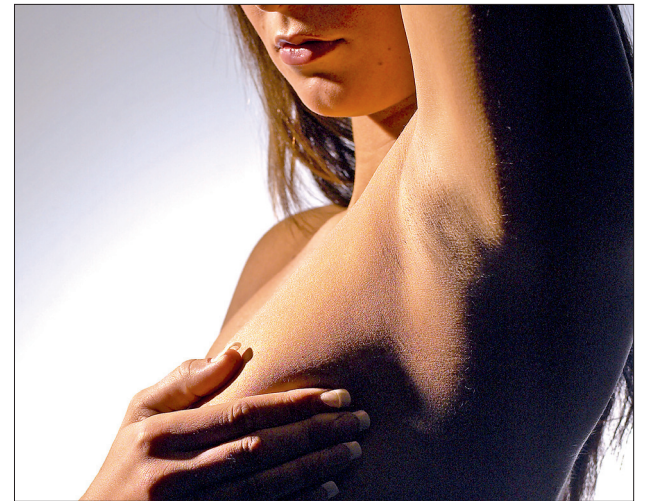
A "troubling number" of poor women in Ontario go without Pap smears, breast exams and mammograms that are critical in screening cancer and saving lives, says a report on health and poverty.

Sick and Tired, released this month by the Community Social Planning Council of Toronto, found the poorest people in Ontario bear significantly higher rates of bad health, chronic conditions and suicide.

It also found lower rates of preventive health care among the working poor and those on social assistance, especially women. "Rates were especially troubling regarding women's preventive health care where substantial numbers of women in the poor groups had never had a Pap smear test, breast exam or mammogram for those over 40," the report said.

It found 399 of every 1,000 women on social assistance had never had a breast exam — almost double the number of non-poor women. Among the working poor, the rate was 351 per 1,000.

There was also a stark difference among women who had never received a Pap smear. Among the working poor, 223 of 1,000 had never had a Pap smear, more than twice the rate of 96 per 1,000 among the non-poor. The rate was 163 per 1,000 among those on social assistance.



An Ontario report found poor women are not getting the Pap smears, breast exams and mammograms needed to screen for cancer and save lives.

Dr. David McKeown, Toronto's medical officer of health, said failing to deliver preventive measures amounts to "a missed opportunity, because if you could close the gap you'd have a much healthier community."

However, he noted, there are many barriers for poor women who may not have time off work, transportation, child care or enough familiarity with the language and health system to take advantage of those OHIP-covered services.

Dr. Verna Mai of Cancer Care Ontario said the effectiveness of screening is well documented. Mammograms for women ages 50 to 69 can reduce the risk of death from breast cancer by 25 to 30 per cent, she said. Pap

smears have led to a steady decline in cervical cancer over the past 20 to 30 years and can prevent it by identifying pre-cancerous cells.

However, she said preventive health can "slip through the cracks" for disadvantaged women juggling other pressing daily issues.

This is particularly true for many newcomer women, said Dr. Meb Rashid, a physician at Access Alliance, a Toronto community health agency serving immigrants and refugees.

Preventive health care is "way down the list" for those juggling jobs, worrying how their kids are faring at school and trying to put food on the table, he said. **TORSTAR NEWS SERVICE**



The Man Who Made the Whole Town Lose Weight

In the small town of Alesund in Norway, many of its residents began eating a common plant that made over 1,500 of them lose weight! It all began in 2006 when a customer of Johnny Pettersen, a local health food store owner, asked him for advice on how to eliminate sugar cravings.

"I gave my customer mulberry leaf tablets because mulberry is known to lower your blood sugar after meals. When blood sugar is stable, sugar cravings disappear. And it worked very well. I started recommending mulberry to many customers and soon noticed that they were losing weight. This made me curious, so I studied the effect of mulberries on blood sugar, insulin and fat burning. Surely enough, because of the effect on blood sugar, mulberry leaves also lead to lower insulin secretion, which makes you able to burn stored fat better and also reduces fat storage from excess calories."

The 10-day diet

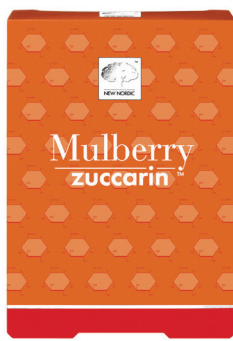
When Pettersen increased the dosage, recommending two mulberry tablets before each meal, he found that his customers not only controlled their sugar cravings, but also lost significant amounts of weight.

"I recommended that customers follow the programme for a minimum of 10 days in order to eliminate their need for sugar stimulation. Sugar works as a drug on the brain and people need to eliminate the need for a 'sugar high' if they want to stay slim. Taking mulberry leaves, my customers changed to a healthier diet without even noticing it — they simply didn't crave sugar."

1500 people lost weight

After the success of the first customers, word travelled fast. In the last 12 months Pettersen has worked with over 1,500 customers in Alesund and the surrounding area. He feels that his simple and natural mulberry formula has been a tremendous success.

He concludes, "Once my customers try mulberry leaves, they come back, often with friends and family, and buy several packages. It is rewarding because I see them coming back happy, healthy and slimmer."



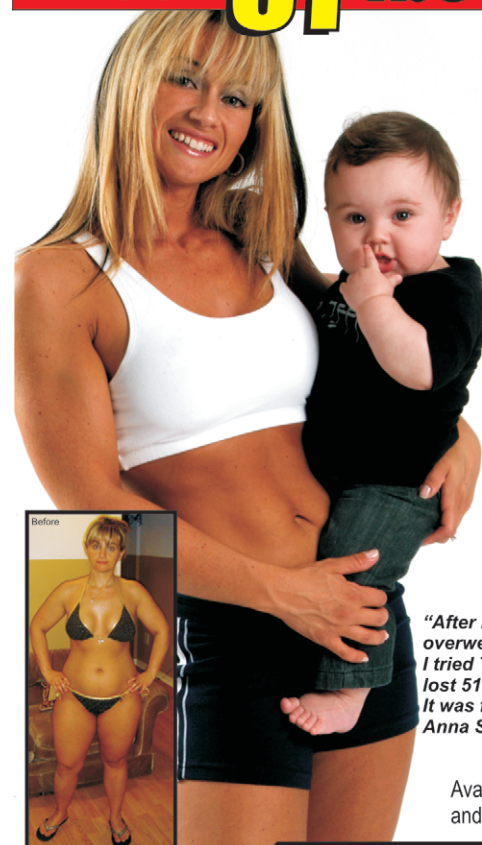
MULBERRY - A BREAKTHROUGH!

For centuries, the Japanese culture, which is known for having a long life and a slim, healthy physique, has enjoyed the benefits of mulberry leaves. We now know from clinical studies how mulberry leaves regulate blood sugar levels. For dieters, this means a lower production of insulin after eating carbohydrates. Insulin is responsible for storing excess calories as fat and for shutting down fat burning. Too much insulin is a dieter's worst enemy!

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Metro Workology exclusive: Matters of the Heart

Don't miss Matters of the Heart, Metro's exclusive feature series in the Workology section. There are jobs to be had that focus on falling in love, falling out of love and everything in between; we will be digging up the stories for you, so check for Workology on Mondays, Tuesdays and Wednesdays and Metronews.ca/work as well.

Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Music marauders

McGill music students robbed of instruments: In the last six weeks, seven instruments, including a \$40,000 viola, have been stolen out of the lockers of several students at McGill University's Schulich School of Music. METRO NEWS SERVICES

Revving your love

Some businesses cater to those that have lost the spark

Matters of the Heart

JON TATTRIE
for Metro Canada

Bedroom boredom breaks up a lot of couples, but regaining that loving feeling can revitalize your entire relationship.

The touring trade show Everything To Do With Sex, which recently finished a London, Ont., Toronto, Halifax and Montreal circuit, is teeming with ideas on how to respark a cold fire.

Rachel Dodds, owner of Sexy Girl Inc., often gets couples coming to her for advice on rediscovering the lost magic of intimacy.

"This secret is to do something different enough that requires communication, a new level of trust and discomfort," Dodds says. Her home-party business has plenty of tricks and tools for doing that.

Speaking amid the din of dungeon whips and strip teases at the Halifax show, Dodds says at the start of a relationship, everything has the scintillating edge of newness. You don't know your partner intimately, you don't know what they're going to do, and they don't know what you're going to do.

"Make it uncomfortable



The key to reigniting the flame in an aging relationship is to make things uncomfortable again; furry handcuffs are a good start, says Rachel Dodds, owner of Sexy Girl Inc.

again: It forces you to develop trust levels and talk about things, and really get to know each other to take it to the next level."

Dodds, who was once fired from a newspaper column for a suggestion involving a lonely man and a cantaloupe, says you will find emotions and desire you never knew you had. "You'll be like, wow, I didn't even know I wanted to do that!"

Start with a blindfold. Denied sight, your focus turns to your other senses.

"It really helps clear your mind and focus on

the sensations you're feeling," Dodds says. It re-introduces the mystery of the unknown, as you can't see what's about to happen. It also distracts you from any body insecurities you have.

In light bondage, furry handcuffs take away the use of your hands, making you vulnerable. Try out a few new positions, and you'll be like teenagers again.

The sea of heads at the sex show is largely grey, and Dodds says that's great for older and younger couples.

Future shows?

- Check out Everythingtodowithsex.com for details on future shows.

"We find that women 49 and up are very interested in this. They have a lot more experience than all of us here running the booths," she explains.



For more Matters of the Heart exclusive series check the Workology section Mondays, Tuesdays and Wednesdays or stop by Metronews.ca/work

But my mom said I'd be great at the job...

BACKFIRE Finding a job in the current economy is no easy feat, especially if your references are less than glowing. The Creative Group recently surveyed 250 advertising and marketing executives, asking them to describe the most unusual reference checks. Among the responses:

- "Someone used her mother as a reference; needless to say, she had not worked anywhere with her mother."
- "We learned from the reference that the woman we were interviewing liked to go barefoot all day."
- "The reference said the prospective employee had difficulty getting to work on time."
- "We talked to someone who said the applicant didn't like the industry in which she was trying to get a job."

"Job seekers need to do everything they can to line up outstanding references, especially in the current hiring environment," said Megan Slabinski, executive director of The Creative Group.

The goal, of course, is for your references to sing your praises, not the other way around, as these responses indicate:

- "I checked the reference, and the fellow just started laughing. He could not believe that he was a reference."
- "The person said the candidate was hyper and off the wall."
- "The reference said the candidate fell asleep during work hours."
- "According to the reference, the candidate was very insistent on making his own schedule and rules."

METRO NEWS SERVICES

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Food good enough for the stars

BRIAN COULTON
for Metro Canada



Blood oranges line the plate of my fennel and arugula salad that's tossed in oil and fresh lemon juice. With a dash of salt and smattering of feta cheese, I've crafted my very own insalata Umbria and am one step closer to becoming chef to the celebrities.

The simple salad is a favourite at Corso Italia's La Bruschetta, the family-owned celebrity hotspot that has catered to a cross-section of personalities including Sofia Loren, John Malkovich, Bette Midler and the Olsen Twins. In the same year the Toronto restaurant turns 30, it's



At La Bruschetta you can learn to make your own Italian fare at the same place where many stars have dined.

opening its kitchen for cooking classes to share the culinary secrets that

keep the stars hungry for more.

Why celebrities flock to

La Bruschetta while in Toronto is a mystery to owner Silvia Piantoni.

"We're so off the beaten path that, if someone hasn't told you about us, I



For more

- La Bruschetta is located at 1317 St. Clair Ave. W. Toronto (416-656-8622). Classes are \$75. For more information visit labru.ca

don't see how you would find us," she says. "We've had celebrities come in and really like it. They've told a lot of other people, and they just keep telling them and telling them."

Brenda Piantoni, Silvia's sister and an instructor for the class, tells me to add more flour to the pasta dough I just made from scratch. After running it through a pasta press following Brenda's assistant and long-time employee Roger Duarte's instructions, the dough is now stretched out and thin enough to support the fungi filling of my second course, wild mushroom ravioli.

My pasta pockets don't look perfect, but initial imperfections are fine by Silvia. "When we start making a new dish, the first time it's good and the second time it gets better and better and better," she says. "It's (about) perfecting it, and making it the way you like it. If you like the flavour of Limoncello, add some more Limoncello."

I pour more of the Italian liqueur into the pan that's cooking my third course, bassa alla Napoletana — spinach, garlic and provolone wrapped in a fish filet. After cooking the fish in the Limoncello, garlic, oil and some hot water, it's ready to serve.

Serving customers for three decades has surely established La Bruschetta's longevity in a city where restaurant turnover is all too common. Silvia says she wishes she had the secret to their success.

"Trends change all the time — in clothing, food, wine, everything — but I think that in the end, what's old is always new again. There's still room for these kind of restaurants, for traditional Italian food."

There's not much room left in me for dessert, but Brenda gives a quick lesson on preparing brutta ma buona ("ugly but good"), a layer of ladyfinger-like cookies, melted chocolate, custard and amaretto cookies.

After espresso, I ask Silvia if I could now cook for the stars, too.

"I don't see why not!," she laughs, "Sure!"

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Best Lecturer series takes American Idol concept to academia

Lecture series

BRIAN TOWIE
for Metro Canada



Call TVO's search for best lecturer a kind of Academic Idol.

After weeks of filtering out more than 160 of the province's best and brightest academic minds, TVOntario's Big Ideas show has finalized its list of ten contenders for its fourth annual Best Lecturer competition. Orators from a wide range of academic disciplines will represent their respective school by delivering their theses with both intelligence and enthusiasm on the network's weekly lecture series, beginning Saturday, Feb. 28, at 4 p.m. and ending April 5. The winner will be announced April 11.

The series is the brainchild of Big Ideas producer and self-proclaimed egghead Wodek Szemberg, who wanted to shine more light on some of the

province's brightest educators.

"I thought, why not feature some of our best academic minds we have in Ontario that somehow remain unheralded?" he said. "There's something quite wondrous about observing people who have spent their lifetimes learning."

After each broadcast, viewers vote for their favourite lecturer online at tvo.org. Prizes include a TD Insurance Meloche Melon sponsorship of \$10,000 to the winner's school. Each lecturer will be judged on the mastery of their subject, coherence and how energetic and engaging their dissertations are. The panel includes documentary producer Suanne Kelman, broadcaster Jesse Hirsh and author and journalist Donna Bailey Nurse.

Getting an audience's attention is paramount, says Szemberg, who notes that students will bore easily if uninspired by the material at hand.

"The search for best lec-

turer is a combination of intelligence and emotion," he said. "We all learn best when we're engaged and we love the teacher. It opens up the mind of the person and a connection is made."

Most importantly, the series focuses on the aesthetic of education, the pursuit of the life of the mind, Szemberg says. It's a notion often forgotten in Ontario post-secondary education, he adds, and it leads to some of the problems that try the practice of learning.

"Academia currently finds itself in a difficult spot. The strike at York University was a symptom of the problem," he said. "The demand for higher education is growing and the resources to accommodate that demand are not keeping pace. This competition sheds light on education instead of the focus on getting that piece of paper that will get you in the door when looking for a job. There's more to it than that."

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Canada's coming of age leads best lecture series

Lecture series

BRIAN TOWIE
for Metro Canada



We're a tough little country to put down, according to Matthew J. Bellamy.

The Carleton University history professor will explain why on Saturday, Feb. 28, when he delivers his lecture A Watershed Moment: Canada and the Second World War as part of the Ontario's Best Lecturer series on TVOntario program Big Ideas.

Bellamy argues that not only did the Second World War change the nation's image on the world stage, it laid the foundations of the Canada we know today: A more "interventionist" government, the creation of new industries (particularly Crown corporations) and the transformation of what was predominantly a rural society into a prosperous post-war industrial power. "We have to remember

that when the war breaks out, we're really ill-prepared for it," Bellamy said. "We would have to overcome all sorts of military and industrial deficiencies in a short period of time before we fight a war overseas. But by mid-war we're producing about 4,000 planes per annum. It's a remarkable success story."

The author of award-winning thesis Profiting The Crown: Canada's Polymer Corporation, 1942-1990 credits C.D. Howe as a pivotal figure in Canada's industrialization. As a powerful cabinet minister during wartime, Howe helmed the creation of 28 Crown corporations that would build Canada's war machine and export arms and resources to Britain.

"We have a long legacy of Crown corporations doing it wrong as a result of political meddling," he said. "But we are sparsely populated. We have this huge land mass that stretches from sea to sea and yet we don't have the kind of capital

and population that they do south of the border. It's going to be necessary for the government to intervene in the economy for pragmatic and not ideological reasons, and build up the infrastructure that private industry needs to survive and succeed."

Bellamy says Canada is forging a new and at the same time familiar identity in the 21st Century, that of exporter to the world. It's a lucrative role to play in good times, but it's also a dangerous situation when customers on whom you depend don't have the money to buy from you.

"If economies that we rely upon go into a nosedive, we have no capacity to turn things around here at home. We have to wait for their demand to kick in so we can export our stuff."

On air

• Catch Matthew J. Bellamy on TVOntario's Best Lecturer series this Saturday.

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The return of Twilight

A reported release date for Eclipse, the third film in the Twilight saga, has been revealed. A source at Summit Entertainment tells MTV that Eclipse will arrive in theaters on June 30, 2010. New Moon rises in theaters on Nov. 20 of this year. **MSN.COM**

29

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA



Taking it off

Although Oscar-winner Kate Winslet has vowed to stop taking her clothes off in movies, Hugh Hefner is holding out hope she'll grace the pages of Playboy, according to Digital Spy.

METRO NEWS SERVICES

Troubadour of global sounds

Spotlight shines on hip-hop artist K'naan

BRYAN BORZYKOWSKI
for Metro Canada



To many hip-hop loving Canadians, Toronto rapper K'naan is already a household name. His brilliant 2006 debut The Dusty Foot Philosopher put the Somalia-born musician on the map and his star continues to rise. But south of the border, the buzz is just beginning.

"I played a sold-out show in L.A. recently and Matthew McConaughey and Tom Morello were there," he said excitedly from a tour stop in Oakland. "I hung out backstage with Wood Harris from Wire! I don't even know how these celebrities are hearing my music."

It's safe to assume that the Hollywood crowd heard about K'naan Warsame from the count-

less profiles in places like Wired, Rolling Stone and the L.A. Times, but there's also a good chance they got their hands on a copy of the artist's stunning sophomore effort, Troubadour.

Recorded in Bob Marley's Jamaican studio, the disc expands on the socially conscious sound that's turned thousands of listeners on to K'naan. He once again mines his life — from war-torn Somalia to Toronto — for material, while pushing his musical boundaries even further.

Besides rap, he tackles rock and reggae, even enlisting Metallica's Kirk Hammett on If Rap Gets Jealous for a guitar solo. "It was one of these ideas that I thought would never happen," said K'naan, about Hammett's involvement. "But he loved the song. He did like seventeen guitar

"I don't expect people to understand this. But there's a difference between feeling and understanding it."

K'naan

solos that we had to sift through and they were all great."

The diverse musical direction is definitely one of K'naan's selling points, but his passionate, and sometimes hard-to-stomach, lyrics are what really drives his music. One especially gripping track is Fatima about the death of a girl K'naan knew in his hometown.

"She was the most beautiful girl in my neighbourhood," he said. "Her young life was taken (during the



Somalia-born, Toronto-raised rapper K'naan recorded his sophomore album in Bob Marley's studio.

war) and that's never going to leave you. I had to have some space from it for years before I could do anything about that experience, but I thought it was a gift for people to hear that song about her."

It's stories like these that explain why the international spotlight is shining bright on K'naan. But for

K'naan live

• K'naan plays Toronto's Mod Club Theatre tonight.

many, rap revolves around the hardships in African-American ghettos, not war-ravaged Africa. So how does the Dusty Foot Philosopher expect his version of street

life to be taken?

"I don't expect people to understand this," he said. "But there's a difference between feeling and understanding it. Music is so universal that the North Americans will feel the circumstances and get it in that way, even if they don't really understand where it's coming from."

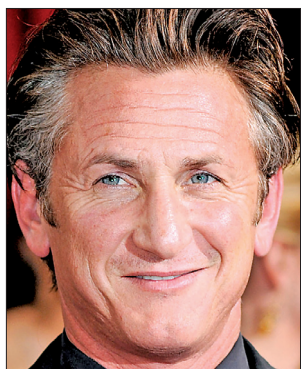
Oscar after-parties flash global glitter

The glitzy, global spirit of Hollywood raged into the wee hours after the Oscars, with parties around town feting everyone from British best actress winner Kate Winslet down to the youngest Slumdog Millionaire star, drinking caffeine to keep up his strength.

Ayush Mahesh Khedekar, only eight, slurped on a can of Coca-Cola at Fox Searchlight's packed after-party Sunday night at ONE Sunset in West Hollywood honouring The Wrestler and Slumdog Millionaire. Filmed in the slums of Mumbai, Slumdog snagged eight Oscars, including best picture and director.

Despite economic woes, myriad parties had all the glam and celebrity fraternizing of past soirees, though guest lists were substantially slashed and simple comfort food reigned.

Jennifer Love Hewitt hosted AIDS Project Los Angeles' annual bash at The Abbey,



Sean Penn, left, and Anne Hathaway made the Governors Ball at the Kodak Theater their first post-Oscars stop.



and Chevy Chase, Laura Dern and other famous faces flocked to the Night of 100 Stars gala at the Beverly Hills Hotel. Lindsay Lohan joined her DJ girlfriend Samantha Ronson, who spun at the Mercedes-Benz after-party at the Montage Beverly Hills.

Best actor winner Sean Penn and nominees Taraji P. Henson, Marisa Tomei, Amy Adams and Anne Hathaway were just a few

of the stars who made the Governors Ball at the Kodak Theater their first post-Oscars stop.

Blocks away, Vanity Fair's revived Oscar party was all about A-list camaraderie. The annual celebrity-stuffed bash, cancelled last year before the end of the Hollywood writers' strike, roared back into style, with Oscar winners literally rubbing shoulders at the hill-top Sunset Tower Hotel, a

Ratings rebound

• A preliminary measurement of the biggest U.S. markets shows ratings for this year's Academy Awards went up six per cent over last year.

new venue for the party after years at the restaurant Morton's.

At 11:30 p.m., Winslet swept in. Clutching her Oscar for The Reader in one hand, and a glass of Champagne in the other, she grinned and hugged admirers left and right.

The party's exclusive, pared down guest list meant that only the cream of Hollywood showed up, from Jennifer Aniston snuggling next to boyfriend John Mayer, to Halle Berry drinking Champagne on a couch. Other. Guests included Robert De Niro, Tina Fey and Josh Brolin.

THE ASSOCIATED PRESS

Oscar celebrations fill Mumbai's crowded slums

MOVIES Children broke into Bollywood dance numbers and crowds cheered in the narrow lanes of a teeming Mumbai slum yesterday as they gathered to root for the hometown heroes who nabbed the Oscars' highest honour.

Two of the child actors in Slumdog Millionaire were plucked from a desperately poor neighbourhood on the outskirts of Mumbai to star in the rags-to-riches tale that stormed the Academy Awards.

The actors, Azharuddin Mohammed Ismail, 10, and Rubina Ali, 9, were flown to Los Angeles for the ceremony, leaving their friends back home to gawk, beam, shout and dance in celebration.

"My eyes couldn't believe that I was seeing Rubina in America," said Saba Qureshi, Rubina's best friend. Saba and her sisters woke before dawn to watch

"My eyes couldn't believe that I was seeing Rubina (Ali) in America."

friend Saba Qureshi

every minute of the Oscars, squealing with joy every time Rubina came on screen. They had one of the handful of TV sets in the neighbourhood.

Slumdog won eight Oscars, including best picture, best director, and two awards for best music — each time inspiring raucous renditions of the dance routines for which India's movie industry is known.

Hordes of journalists descended on the neighbourhood Monday. TV tripods straddled the thin stream of sewage outside Rubina's home while rows of satellite trucks idled outside a normally sleepy tea stall.

THE ASSOCIATED PRESS

Edgefest '09 is set to return to Toronto, with 17 acts now confirmed to perform at Downsview Park on Saturday, June 20. Billy Talent will headline, and other acts include AFI, Alexisonfire, Metric, K-OS, The Stills and Arkells. **METRO NEWS SERVICES**

Fortune has stopped smiling on J.D.

Rock Star: INXS winner is now broke and homeless

At this time just three years ago, J.D. Fortune was a month into the wildest ride of his life: A world-wide concert tour serving as frontman for Australian rock 'n' roll legends INXS.

The 18-month tour, which included two sold-

out gigs at Massey Hall in February 2006, was a smash, in some locales drawing crowds as large as 80,000 people.

The band's first release with Mississauga-born Fortune replacing the late Michael Hutchence on the

mike, 2005's *Switch*, had given the aging band its most vital commercial presence since the multi-platinum heyday of such monster records as 1987's *Kick* and 1990's *X*, in no small part due to a radio-storming first single, *Pretty Ve-*

gas, written by Fortune. It appeared as though the Idol-esque reality TV series *Rock Star: INXS* had delivered the dream it had promised: Instant rock stardom, on a global level.

A few days ago, though, Fortune, 35, was ringing up old friends at Sony Music Canada on a borrowed cell-phone, despairing that he had nowhere to stay that night and venting at the label because he'd been dumped from its roster and had bankrupted himself making a solo album that no one wanted to release. So much for harmony.

Why? Because despite its members' claims at the time of Fortune's *Rock Star* win in late 2005 that he was a permanent hire, INXS dumped its new singer off at the Hong Kong airport when the clock ran out on its 18-month *Switch* tour.

Handshakes all around and a "thank you" and that was it, according to Fortune. The band didn't even bother to announce the firing.

Neither did Fortune, until last week when he brought his story to *Entertainment Tonight Canada* in an interview that was quickly picked up around the globe. Suddenly, the headline "INXS singer homeless and living in his car" was everywhere.

News of his exit from INXS caught even the band's long-time spokesperson Chrissy Camp by surprise. It might also soon force INXS to announce that INXS itself — which had already burned through two other singers, Terence Trent D'Arby and Jon Stevens, before Fortune came along — is completely over.

"The members are scat-



One-time INXS lead singer J.D. Fortune performs with the band at Massey Hall in February, 2006.

tered all around the globe at the moment," she told Australian newspaper *The Daily Telegraph*, saying the band would put out a statement about its future in the next couple of weeks.

INXS otherwise kept silent all week long with its side of the story, as have the band's various record labels around the planet, leading to much online speculation that Fortune, who has conceded a major cocaine problem played a part in his ouster from the band, might be exaggerating the cruelty of his fate. Fortune has also largely held his tongue since *ET Canada*.

Interview requests were relayed directly to Fortune by a friend, but he has thus far kept mum.

Fellow Torontonians Lukas Rossi suffered a similar fate when his inaugural tour with *Rock Star: Supernova*, the second "real band" created by the TV show of the same name, wrapped up. The only dif-

"The deals on those shows aren't great. He's definitely not set for life. I wouldn't be surprised if the security guards on his tour got paid more than him."

Lukas Rossi

ference in his story, he says, was that his all-star bandmates Tommy Lee, Jason Newsted and Gilby Clarke "didn't drop me off in Asia somewhere." And, having been there, he believes Fortune is in dire straits.

"The deals on those shows aren't great. He's definitely not set for life," says Rossi from the California home he extended to Fortune as a crash pad on his blog this week. "I wouldn't be surprised if the security guards on his tour got paid more than him. But you take what you can get, you know?"

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Craven will Scream a fourth time — for a price

Wes Craven will direct Scream 4 — if he gets a high salary. The horror filmmaker admitted he is considering helming the latest installment in the franchise — but will need to be paid more and be happy with the plot. **FEMALEFIRST.CO.UK**

Cultural revival at Baghdad museum

Iraq's restored National Museum reopened yesterday with a red-carpet gala in the heart of Baghdad, nearly six years after looters carried away priceless antiquities as American troops largely stood by in the chaos of the city's fall to U.S. forces.

The ransacking of the museum became a symbol for critics of Washington's post-invasion strategy and its inability to maintain order as Saddam Hussein's police and military unravelled.

But Iraq's prime minister, Nouri al-Maliki, chose to look ahead. He called the reopening another milestone in Baghdad's slow return to stability after years of bloodshed.

"It was a dark age that Iraq passed through."

Nouri al-Maliki

"It was a dark age that Iraq passed through," the prime minister said at a dedication ceremony after walking down a red carpet into the museum. "This spot of civilization has had its share of destruction."

The museum — which holds artifacts from the Stone Age through the Babylonian, Assyrian and Islamic periods — will be open to the public starting today but only for organized tours at first, officials said.

Baghdad historically served as the scientific and



KHALID MOHAMMED/THE ASSOCIATED PRESS

An Iraqi soldier stands guard in the restored Iraqi National Museum as it was formally dedicated in Baghdad yesterday, touted as another step in the city's return to stability after years of war.

literary hub of the Arab world in the eighth and ninth centuries.

"We have ended the black wind (of violence) and have started the recon-

struction process," al-Maliki told hundreds of officials and guardians of Iraq's rich cultural heritage as Iraqi soldiers with red berets stood guard.

Once the home of one of the world's leading collections of artifacts, the museum fell victim to bands of armed thieves who stole about 15,000 artifacts after the Americans captured Baghdad in April 2003.

It was among many institutions looted across Iraq, including universities, hospitals and cultural offices. But the richness of the museum's collection — and its importance as the caretaker of Iraq's historical identity — led to an outcry around the world.

U.S. troops, the sole power in the city at the time, were intensely criticized for not protecting the treasures at the museum and other cultural institutions. **THE ASSOCIATED PRESS**

In brief

ARREST Police say rapper N.O.R.E. was arrested early Sunday following a fight with a customer at a Miami Beach hamburger restaurant. The 31-year-old performer, whose real name is Victor Santiago, allegedly yelled at another Fat-burger customer, ripped up a bouquet of flowers and threw a cup filled with yellow liquid at the customer. Authorities then say he punched the man in the face, and yelled "Do you know who I am?" Santiago was charged with misdemeanour battery and disorderly conduct and taken to county jail before being released.

CAMEO He said he'd be back — and soon he will be. California Gov. Arnold Schwarzenegger says he'll be shooting a cameo appearance soon for a new movie by friend Sylvester Stallone. **THE ASSOCIATED PRESS**

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Threats cancel T-Pain show in Guyana

MUSIC R&B singer T-Pain cancelled a concert in Guyana after receiving what a promoter calls “credible death and kidnapping threats.” Kerwin Bolders says yesterday’s performance was called off after email and phone threats from an unidentified source.

Police Cmdr. Leroy Bolders told reporters authorities will investigate. T-Pain would have been one of the best-known U.S. singers to perform in the South American country in years.

Legally named Faheem Najm, his stage moniker is short for Tallahassee Pain in reference to the Florida city where he was born. He is credited with popularizing synthesizer-assisted vocals in R&B.

THE ASSOCIATED PRESS

Women carve out influential roles in the horror world

New doc aims to dispel myths about female contributions to the genre

CHRIS ALEXANDER
for Metro Canada

The realm of the movie macabre has long been a ghoulish men’s club, with women depicted as either beauty to the big screen’s many beasts or sexually voracious vixens.

Either way, femininity in horror is more often than not a perversion of the male id, partly because the ladies haven’t stepped up to wrest control of the genre. But as new documentary Pretty Bloody: The Women of Horror proclaims, the tides are turning.

Pretty Bloody sees East Coast-based filmmakers Donna Davies and Kimberlee McTaggart profiling a

gaggle of intelligent modern women who have carved out their livelihood in the world of horror, including Vancouver-born scream queen and Fangoria Radio co-host Debbie Rochon and Toronto-based Rue Morgue magazine editor-in-chief and human horror tattoo canvas Jovanka Vuckovic.

“We did this film to help dispel some of the myths surrounding women and horror,” Davies says. “Women have actually had a huge influence on the genre, and not just as the helpless victim running from the monster, but as writers, directors and producers.”

Pretty Bloody also profiles such noted fright-based females as Pet Sematary director Mary Lambert, dark fantasy writer Tanya Huff and cult actress Brinke Stevens. In a series of frank conversations, these sophisticated and articulate individuals speak of the struggles they’ve en-



Jovanka Vuckovic, editor-in-chief of Rue Morgue magazine.

“Women have actually had a huge influence on the genre, and not just as the helpless victim running from the monster, but as writers, directors and producers.”

Donna Davies

dured trying to make their mark in a mostly male-driven genre, and of the ways fans have responded to their respective legacies.

“Times have changed and women are making up a large percentage of audience for these films,” Davies says. “But female fans want to see a different kind of horror. They are looking for scares but want to see better developed story lines with stronger female leads

who are sexy and kick butt.”

Davies also notes that the cathartic appeal of horror isn’t necessarily gender specific, but rather a byproduct of the human condition.

“Everyone has a dark side but most of us are afraid to go there because society tells us it’s wrong,” she says. “So we repress that dark side and it comes out in our nightmares ... and sometimes in traffic.”

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primetime	265	353	2	TVO Undersea Exp.	Parks	The Agenda With Steve Paikin		The Street (N)		Stephen Fry in America (N)		Agenda-Paikin
	211	331	3	GTV ET Canada	Entertainment	NCIS (HDTV) (N)		90210 (HDTV)		Project Runway Canada		News (N)
	215	343	4	OMN1 Two-Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N) (DVS)		CBC News: The National		The Hour
	214	344	7	CITY Law & Order: SVU		Privileged (N)		Curb-Enthsm	Curb-Enthsm	News (N)		News (N)
	212	313	8	CTV etalk	Hollywood	Criminal Minds “Lucky”		Criminal Minds		Law & Order: SVU		News (N)
	218	345	11	E! The Insider (N)	E! News	The Biggest Loser (N)		Ruby		Ruby	Kimora: Fab	News (N)
	137	763	13	TFO Panorama		Les Chemins de la profondeur		Orfeu Negro ★★★ (1959, Drame)		Breno Mello.		Empire
	-	-	14	-	Raymond	News (N)		News (N)		Two/Half Men	King	Cold Case
	213	326	15	SUN Scrubs	George Lopez	The Road Home ★★ (1996, Adventure)	Will Estes.			To Serve and Protect		Becker
	-	387	16	CBS Inside Edition	Hollywood	NCIS (HDTV) (N)		State of the Union “2009” (Live)		Two/Half Men		News (N)
	-	385	17	NBC The Insider (N)	Entertainment	The Biggest Loser (N)		State of the Union “2009” (Live)		The Office		News (N)
	-	386	18	ABC Wheel-Fortune	Jeopardy! (N)	Homeland Security USA		State of the Union “2009” (Live)		Primetime: You		News
	219	346	20	ACH-B Instant Star	TMZ (N)	Cold Case		Law & Order: Criminal Intent		Comedy Now		News (N)
	-	-	28	FOX Judge Judy (N)	Two/Half Men	Bones (HDTV PA)		State of the Union “2009” (Live)		Two/Half Men		The Simpsons
	-	388	61	PBS News-Lehrer	Keeping Up	Nova (HDTV) (N) (DVS)		Frontline (DVS)		American Experience (N)		Business Rpt.
	297	652	330	WPX Two/Half Men	Family Guy	90210 (HDTV)		Privileged (N)		PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK Wheel-Fortune	Jeopardy! (N)	Dr. Phil (HDTV)		WBZ News (N)	’70s Show	Frasier	Frasier	Punk’d
	298	653	332	TLA Jamie Foxx	Wayans Bros.	My Wife-Kids	According-Jim	Friends	KTLA News	Two/Half Men	Two/Half Men	90210
news	502	390	26	NW CBC News	Newman	The Hour		CBC News: The National		Seeking Refuge (N)		National
	500	500	33	CNN Lou Dobbs Tonight		Campbell Brown: No Bias		State of the Union (Live)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB Kudlow Report		CNBC Reports (HDTV)		State of the Union (Live)		On the Money		Mad Money
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cable variety	556	540	51	FAM Wizards-Place	Han, Montana	The Suite Life	Latest Buzz	Wizards-Place	Life Derek	Ned’s School	Cory in House	Zack & Cody
	602	567	27	W Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
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	620	523	40	BVO Sounds Like Motown		Live at the Rehearsal Hall		Sweet Soul Music			Bryan Ferry	Law & Order
	601	562	41	SLC Til Debt-Part	Rich Poor	Trinny and Susannah Undress		Rich Bride, Poor Bride		End of Leash	End of Leash	ET Canada
	522	506	43	HIS NCIS “Marine Down”		Ultimate Engineering		Ax Men		NCIS “Marine Down”		Re-Inventors
	625	548	44	COM Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Fit-Conchords	Daily Show
	600	564	46	H&G House Hunters	Property Virgin	Pure Design	Style	Sarah’s House	Design Inc.	Colin & Justin’s Home Heist		Holmes-Homes
	294	529	47	TBS House-Payne	House-Payne	The Last Castle ★★ (2001, Suspense)	Robert Redford, Mark Ruffalo.				Seinfeld	Family Guy
	576	582	49	BET 106 & Park: BET’s Top 10 Live		The Cookout ★ (2004, Comedy)	Ja Rule, Jennifer Lewis.			Baldwin Hills	Baldwin Hills	State of Union
	627	528	50	SPC Stargate Atlantis (DVS)		Lost “Numbers”		Star Trek: Voyager		Destination Truth (N)		Stargate SG-1
	581	566	52	MTV Play’d	After	MTV News	Cribs	From G’s to Gents		From G’s to Gents		MTV Live
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	603	561	56	FOOD Chef at Home	Chef at Home	Restaurant Makeover		The F Word		Good Eats	Good Eats	Iron Chef Am.
	261	394	60	V Murder, She Wrote		Chambers	On the Buses	Quantum Leap		I Prophecy	Supernatural	Poltergeist
	621	527	63	STR The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Living the Life	Off the Leash	The Tonight Show-Jay Leno		TMZ
	553	546	65	TRE Backyardigans	Night Grdn	Max & Ruby	Franklin	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby
	115	711	101	TVA Les Gags	Star Académie:	La Fievre de la danse (SC)		La Promesse (HDTV) (N) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	126	730	102	RDI 24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	526	507	249	VIVA Judging Amy		Missing		Encounters		In Dreams		Psychic Inv.
	300	601	301	M1 Michael Clayton ★★★ (2007, Drama)	George Clooney.			21 ★★ (2008, Drama)	Jim Sturgess, Kevin Spacey.			Harold & Kmr
	305	612	306	PIX (7:15) Crime Spree ★★ (2003, Comedy-Drama)				Swingers ★★★ (1996, Comedy)			(10:45) Sleeping Dogs	

critics’ corner—

Wild Roses

Relationships are on the front burner in this new episode, which finds Charlotte falling more deeply into Jude’s world, while Will and Lucy’s romance heats up. Peter finds inspiration from his hospital roommate, and David finds a possible source of support for his attempt to take over Rivercross in “Sin and Redemption.” 9 PM on CBC



NCIS

When an NCIS agent is killed, Gibbs and company venture into the desert in search of a woman who holds the key to finding the killer. Michael Weatherly, David McCallum and Pauley Perrette also star in the new episode “South by Southwest.” 8 PM on GTV CBS

Homeland Security USA

In this new episode, a Coast Guard agent stops a guy driving a personal watercraft through a manatee zone off Miami. Elsewhere, the skipper of a pack-age-laden fishing boat runs from officials when the boat hits shore. 8 PM on ABC

Jamaican officials ban broadcast of explicit music

CENSORSHIP Jamaican regulators say they are forbidding all explicit references to sex and violence over the airwaves. The new rules from the island’s broadcast commission ban any song or music video that depicts sexual acts or glorifies gun violence, murder, rape or arson.

The announcement follows a Feb. 6 ban that specifically targeted dancehall tunes and videos depicting “dagging” — a dance style popular among Jamaican youth that features pelvic grinding simulating sex.

The beat-driven fusion of reggae and rap known as dancehall is hugely popular in Jamaica despite recent controversy over its lyrics and the dance style.

The latest ban also targets hip-hop and soca, a dance music that originated in Trinidad and Tobago.

THE ASSOCIATED PRESS

GlobalStyle

Kenya Hunt

metronews.ca/globalstyle

Hawn avoids Oscar red carpet

Not every star likes the red carpet. Some like to sneak in the back. "It's so much nicer. No one's screaming," Goldie Hawn said as she arrived at a loading dock behind the Kodak Theatre about 45 minutes before Sunday's Oscar show. **MSN.COM**

**Celebrity Buzz**

Madge flaunts new boyfriend at Oscars

LOVERS Madonna was "all over" her new boyfriend Jesus Luz at the Oscars, femalefirst.co.uk reports. The 50-year-old singer went public with the 22-year-old Brazilian model for the first time, flaunting him at a pre-Academy Awards party last night.

A source said: "She was all over him at the Grey Goose pre-Oscars party at Cecconi's in Los Angeles. She was kissing his face off. Then she decided to in-

vite him to join her at the actual bash — their first public outing together."

It was recently revealed the pop star is desperate to prove she is committed to Luz, following



claims the Hung Up singer is only romancing the model to make her estranged husband Guy Ritchie jealous.

A source said: "Madonna and Jesus have spent all week planning their outfits for Oscar night. Madonna is planning on using the Vanity Fair party to introduce Jesus to the world as her new boyfriend."

METRO NEWS SERVICES

Awards show like 'date' for Pitt, Jolie

COUPLE While Brad Pitt and Angelina Jolie were making a glamorous appearance at the Academy Awards, what were their six children doing at home?

"Throwing spaghetti against the wall," Pitt told People magazine on the red carpet at the Kodak Theatre in Hollywood. Which was just fine with

two of Sunday night's nominees — Pitt as best actor for The Curious Case of Benjamin Button, and Jolie for best actress in Changeling. Neither picked up an award.

"We've been planning on this for months," Pitt joked.

"I like to think of it more as a date," added Jolie.

METRO NEWS SERVICES

Woman trouble for Winehouse?

INCIDENT Amy Winehouse's rampaging recuperation in the Caribbean continues, and the troubled singer can now reportedly add same-sex home-wrecking to her list of hobbies. According to the Daily Mirror, a woman vacationing at the same St. Lucia resort was shocked to return to her hotel room and find her female partner in bed with the singer.

METRO NEWS SERVICES

Beckhams want to renew vows

RELATIONSHIP David and Victoria Beckham are planning to renew their wedding vows, femalefirst.co.uk reports. The soccer star and the former Spice Girl have told friends they want to celebrate their 10th anniversary in July with a lavish ceremony. **METRO NEWS SERVICES**



Aniston takes Brangelina in strides

APPEARANCE While Slumdog Millionaire piled up the Oscars Sunday night, Angelina Jolie and Jennifer Aniston defied expectations and piled on the smiles — as their dual appearance at Hollywood's night of nights was as smooth as the silk gowns that filled the Kodak Theatre, peo-

ple.com reports.

Jolie, of course, attended with her partner and fellow nominee, Brad Pitt, while his ex-wife, Aniston, was accompanied by her boyfriend, John Mayer. Inside the theatre, the couples were not far from each other — just about 12 seats away.

METRO NEWS SERVICES

Travolta opens charity in memory of son

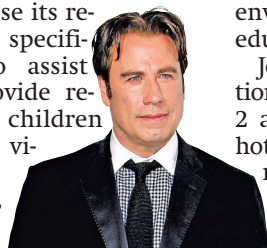
FOUNDATION John Travolta has launched a charity in memory of his dead son, femalefirst.co.uk reports.

The Hollywood actor and his wife Kelly Preston — whose 16-year-old son Jett died from a seizure in January — have created the Jett Travolta Foundation to help children with medical and emotional needs.

The 55-year-old star's official website says: "The Foundation shall endeavour to use its resources specifically to assist and provide relief to children with vision, hearing, mobili-

ty, communication, behaviour learning impairments or other special medical, environmental, health or educational needs."

Jett was found lying motionless in a bathtub on Jan. 2 at his family's Bahamas hotel. It is believed he experienced a seizure and fell and hit his head.

METRO NEWS SERVICES

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Cancun **\$149**
Travel Mar 9 - Mar 16/ts + taxes & fees \$267

Cayo Coco **\$149**
Travel Mar 1 - Mar 8/5g + taxes & fees \$199

New York City **\$165**
Travel Mar 6 - Mar 9/la + taxes & fees \$100

London **\$199**
Travel Mar 22 - Apr 8/ts + taxes & fees \$382

Frankfurt **\$299**
Travel May 6 - May 17/ts + taxes & fees \$318

Punta Cana **\$299**
Travel Mar 6 - Mar 13/ts + taxes & fees \$315

Paris **\$345**
Travel May 2 - May 10/ts + taxes & fees \$337

Buenos Aires **\$499**
Travel Apr 14 - Apr 24/ac + taxes & fees \$214

Tokyo **\$699**
Travel Apr 6 - Apr 20/ac + taxes & fees \$518

Aussie Airpass **\$1499**
Travel between May 1 - May 31/qf + taxes & fees \$512

All-inclusive Holidays

PUERTO PLATA
\$577

Bahia Principe San Juan + taxes & fees \$315
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Mar 6/nol/ts.

Cayo Coco 4-Star **\$738**
Grand Paradise Samana + taxes & fees \$200
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Mar 6/sgn/5g.

Punta Cana 4.5-Star **\$847**
Grand Oasis Bavaro + taxes & fees \$315
INCLUDES roundtrip airfare, transfers and 7 nights 4.5-star all-inclusive accom. Departs Mar 7/nol/ts.

St Kitts 4-Star **\$848**
Royal St Kitts Hotel + taxes & fees \$222
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Feb 28/sgn/5g.

Mayan Riviera 4-Star **\$897**
Ocean Maya + taxes & fees \$267
INCLUDES roundtrip airfare, transfers and 7 nights 4-star all-inclusive accom. Departs Mar 7/nol/ts.

Holidays

ORLANDO FAMILY HOLIDAY
\$279*

Best Western Lakeside + taxes & fees \$228
INCLUDES roundtrip airfare and 7 nights 3-star accom near Walt Disney World Resort. Departs Mar 28/ggv/ts. **ADD** 7-day Magic Your Way Base Ticket from \$285.

London City Break **\$339**
Central Park Hyde Park + taxes & fees \$382
INCLUDES roundtrip airfare and the first 2 nights 3-star central accom with breakfast daily. Travel Mar 22 - Apr 8/ggv/ts.

Las Vegas 4 Nights **\$345**
Circus Circus + taxes & fees \$230
INCLUDES roundtrip airfare and 4 nights 3-star accom on the Las Vegas Strip. Departs Mar 8/swg/wg. **UPGRADE** to 4-star Ballys from \$13 per night.

New York Weekend **\$489**
Wellington Hotel + taxes & fees \$100
INCLUDES roundtrip airfare and 3 nights 3-star midtown Manhattan accom. Departs Mar 6/ggv/la. **ADD** Broadway show tickets from \$97.

Miami Cruise & Stay **\$959**
Carnival Imagination + taxes & fees \$177
INCLUDES roundtrip airfare to Miami, transfers, 3 nights 3-star Miami accom at Ocean Five Hotel minutes from South Beach and a 4-night Carnival cruise visiting Key West and Cozumel. Port charge included. Departs Aug 28/ggv/aa. **ADD** Billie Swamp Safari in Miami from \$53.

Japan Holidays

JAPAN FLY & RAIL
\$1097

+ taxes & fees \$517
INCLUDES roundtrip airfare to Tokyo and a 7-day consecutive Japan Rail Pass. Departs Apr 13/ggv/ac. **ADD** Mt Fuji day trip including Lake Ashi sightseeing cruise from \$179.

Tokyo **\$919**
Chisun Inn Asakusa + taxes & fees \$517
INCLUDES roundtrip airfare and the first 3 nights 3-star accom in central Tokyo. Departs Apr 13/ggv/ac.

Japan 9-Day Tour **\$1999**
Japan Express + local payment 150USD
INCLUDES all accom, transportation, most meals, tour leader and local guides on this 9-day small group tour from Tokyo to Osaka. **HIGHLIGHTS** Koyasan, Japan's home of Buddhism, the rebuilt city of Hiroshima and Mt Fuji. Various departures/gap.



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Take Five

For more delicious Metro recipes, visit: [metronews.ca/food](#)

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
			18				19	20				
21	22	23				24						
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30					31					32		
33			34						35			
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38	39	40					41					
42					43	44				45	46	47
48					49				50			
51					52				53			

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			4		2			
	6						2	
7		8				9		6
			9	5	3	4	2	
3								4
			5	6	9	7	1	
6		4				8		1
	5						3	
			3		8			

Crossword across

- 1 Ms. Moore
- 5 Occupation, for short
- 8 Stitches
- 12 With 13-Across, hematite
- 13 See 12-Across
- 14 Met melody
- 15 Breadwinner
- 17 Chain component
- 18 Whatever number
- 19 Vitamin C source
- 21 “Surprise Sym-
- phony” composer
- 24 Throat clearer
- 25 Lotion additive
- 26 TV crime drama
- 30 Put into words
- 31 J.C. Harris’ “Uncle —”
- 32 “Hail, Caesar!”
- 33 Don King, e.g.
- 35 Faucet problem
- 36 Sleeping
- 37 Daily trio
- 38 One taking
- great interest in his work?
- 41 Cushion
- 42 Picard predecessor
- 43 Max Bialystock, for one
- 48 Advantage
- 49 Sailor’s assent
- 50 “Arrivederci”
- 51 Crystal gazer
- 52 Trawler gear
- 53 Deserve

Crossword down

- 1 Party bowlful
- 2 Screw up
- 3 Cattle call?
- 4 Encroach upon
- 5 Corpse
- 6 Anger
- 7 Crucial time
- 8 Hero material
- 9 “— Brockovich”
- 10 Airplane part
- 11 Benefit
- 16 Hostel
- 20 Umps
- 21 Padlocked fastener
- 22 Re 10-Down
- 23 Vacillate
- 24 Ready for battle
- 26 Mary Martin role
- 27 Zhivago’s love
- 28 Satanic
- 29 Agents, briefly
- 31 Judicial garb
- 34 IOU
- 35 Figure out
- 37 Angry
- 38 Guitars’ kin
- 39 Faction
- 40 Incite
- 41 Versifier
- 44 “Catcher in the —”
- 45 KGB counterpart
- 46 Listening device
- 47 Director Howard

PREVIOUS DAY’S CROSSWORD AND SUDOKU ANSWERS:

ONE	PI	PI	P	S	E	S	T	H	E
FOR	A	M	O	R	T	R	O	W	
TRANS	P	I	R	E	A	P	E		
	U	S	A		O	P	E	N	E
COT	T	O	N		R	O	D	S	
ORR		N	E	W		N	A	V	A
REAP		L	A	W		M	A	X	I
N	O	N	O	S		D	O	T	A
	S								
T	A	C	T	I	C	A	R	I	
A	C	E		T	R	A	N	S	L
U	R	N		H	E	L	L	O	L
T	E	D		S	W	A	Y	S	P

9	2	4	6	7	3	8	5	1
1	7	3	5	2	8	4	6	9
5	8	6	4	9	1	7	3	2
7	6	5	1	3	9	2	8	4
3	4	2	8	6	7	9	1	5
8	9	1	2	4	5	3	7	6
4	1	7	3	5	2	6	9	8
6	3	8	9	1	4	5	2	7
2	5	9	7	8	6	1	4	3

Find today’s answers + play more games at [metronews.ca](#)

SUDOKU SOLVE TIME:	17-21 min	Smart	
Under 13 min	Genius	21-25 min	Not bad
13-17 min	Scholar	25+ min	Keep practising

Metro Recipe of the Day



Spicy Rice with Chickpeas

INGREDIENTS:
1 tbsp (15 ml) canola oil
1 onion, sliced
1/4 cup (50 ml) medium curry paste
1 cup (250 ml) basmati rice, rinsed
2 cups (500 ml) water
1 sweet potato, peeled and chopped into small chunks
4 tomatoes, chopped
1/4 cup (50 ml) sultana raisins
14-oz (398-ml) can chickpeas, drained and rinsed
1/4 cup (50 ml) chopped fresh coriander
1/3 cup (75 ml) unsalted cashews, roughly chopped

METHOD:
1. Heat oil in large pot and fry onion over medium heat 8 minutes, stirring until pale golden. Add curry paste and stir-fry about 1 minute.
2. Stir in rice, then add water, sweet potato, tomatoes and raisins. Bring to boil, then reduce heat to simmer. Cover pan and leave on low heat 20–25 minutes, stirring occasionally, until rice is just tender and water has been absorbed. Add more water if the mixture becomes too dry before the rice is cooked.
3. Stir in chickpeas and gently heat through. Stir in coriander, season to taste and scatter with cashews before serving.

rd.ca

For nutritional information on this and other great recipes, go to [rd.ca](#) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

AVATAR VENUS

- ARIES**
MARCH 21-APRIL 20

Being subtle will get you more information. Something will cause you to feel breathless. A miserable man is strange but he will be effective.
- LIBRA**
SEPT 23-OCT 23

There's a problem with a romantic encounter. You'll see that nothing can be done in a battle of wills. A religious remark will cause trouble.
- TAURUS**
APRIL 21-MAY 21

A friend is in a difficult situation due to fascination. Concerns about leadership will dominate. You will experience a failure to communicate.
- SCORPIO**
OCT 24-NOV 22

Everyone wants you to do the dirty work. A little man will cause delays in reaching your goals. You know more than you think.
- GEMINI**
MAY 22-JUNE 21

You're forced to discuss a tough issue. The changes due to an unusual event will please you. You'll be delighted when you achieve recognition.
- SAGITTARIUS**
NOV 23-DEC 21

A whimsical friend overwhelms your senses. A sympathetic response will release you from a burden. A happy moment will be cherished.
- CANCER**
JUNE 22-JULY 22

You want to be spontaneous but a latecomer gets in the way. You must shake off any masochistic moodiness. Parental interference causes a quarrel.
- CAPRICORN**
DEC 22-JAN 20

There'll be intriguing phone calls made today. A private weakness will be revealed by a guilty person. Pay attention to someone who has a grievance.
- LEO**
JULY 23-AUG 23

You're in the mood to clown around. Beware of a vexed person in a secret meeting. You'll surprise yourself during a presentation.
- AQUARIUS**
JAN 21-FEB 18

A shrewd guy leaves you to pick up the pieces. Continue a discussion to clear up confusion. A wounded friend wants to re-establish a connection.
- VIRGO**
AUG 24-SEPT 22

You'll have a meaningful encounter with a friend. Your loved ones will finally get back to normal. A brash young man really wants your approval.
- PISCES**
FEB 19-MARCH 20

A confrontation has to be acknowledged. Don't bother questioning the cause of a predicament. Someone's cheerfulness is an intimidation tactic.

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